



Hello! SUGINAMI

Suginami City Population (as of March 1, 2020)
Total population 574,280
Foreign residents 18,434

Issued on the 1st of even-numbered months

Published by: Suginami City Office. Editing: Public Relations Section. Address: 1-15-1 Asagayaminami, Suginami-ku, Tokyo 166-8570.
Tel: 03-3312-2111 (main switchboard), Fax: 03-3312-9911 (direct line for Public Relations Section) *Please make inquiries in Japanese. URL: <https://www.city.suginami.tokyo.jp/>

What You Can Do Now to Prepare for a Major Earthquake!



To protect yourself and your family, do what you can now to prepare for an earthquake, such as verifying the evacuation method for when disaster strikes, evacuation shelters such as Earthquake Relief Camps, and means of communicating with your family.

[What to do during a major earthquake]

◆ When evacuating

Evacuate to an Earthquake Relief Camp ^(*) nearby when your house has collapsed, been damaged by fire, or is no longer inhabitable.

In cases where there is imminent danger to your house or the earthquake relief camp due to a large fire, please evacuate to a Safety Evacuation Area ^(**) nearby.

● What is an Earthquake Relief Camp ^(*) ?

When an earthquake with seismic intensity of a high 5 occurs in the city, municipal elementary and junior high schools will be opened as centers for carrying out relief activities, as well as to serve as shelters for residents whose houses have collapsed, been damaged by fire, or are no longer inhabitable.

However, if your house is safe and there are no dangers of a fire in the region, it is possible to remain at home ^(**), so there is no need to panic and evacuate. Prepare in normal times and be mindful of putting in place earthquake measures and stockpiling supplies at home.

● An Earthquake Relief Camp is “everyone’s home”

An Earthquake Relief Camp is mainly operated and managed by an Earthquake Relief Camp Operation Liaison Committee (members of neighborhood associations, disaster prevention associations, the city administration, etc.), which is responsible for reviewing the operational system in normal times and implementing drills.

When a disaster occurs, everyone is a victim, including the operational staff. Hence, it is necessary for operational staff and evacuees to cooperate with one another in areas such as relief activities, as well as the management and operation of the Earthquake Relief Camps that become the living spaces for everyone. Consider how you can cooperate with others when a major earthquake strikes and you have to evacuate to an Earthquake Relief Camp.

If your house is safe and there is no danger of a fire in the region, register as a “home evacuee” at an Earthquake Relief Camp so that you can receive relief supplies from the Earthquake Relief Camp to continue living in your house. In this way, you will not have to panic and evacuate elsewhere. In addition to preparing in normal times and being mindful of putting in place earthquake measures and stockpiling supplies at home, please also cooperate with the Earthquake Relief Camps.

● What is a Safety Evacuation Area ^(**) ?

This is an evacuation area for temporary evacuation, aimed at protecting people from a fire in the event of a large-scale fire that is spreading. Spaces with wide areas such as large parks and squares are designated as safety evacuation areas.

● Check the location of an Earthquake Relief Camp or Safety Evacuation Area nearby

Suginami City has 65 Earthquake Relief Camps. In order to ensure that you can evacuate properly depending on the road conditions due to collapsed buildings, or fire conditions, please check the locations of multiple Earthquake Relief Camps as well as safety evacuation areas beforehand. You can also check the disaster prevention map app for smartphones, “Sugi Navi.”

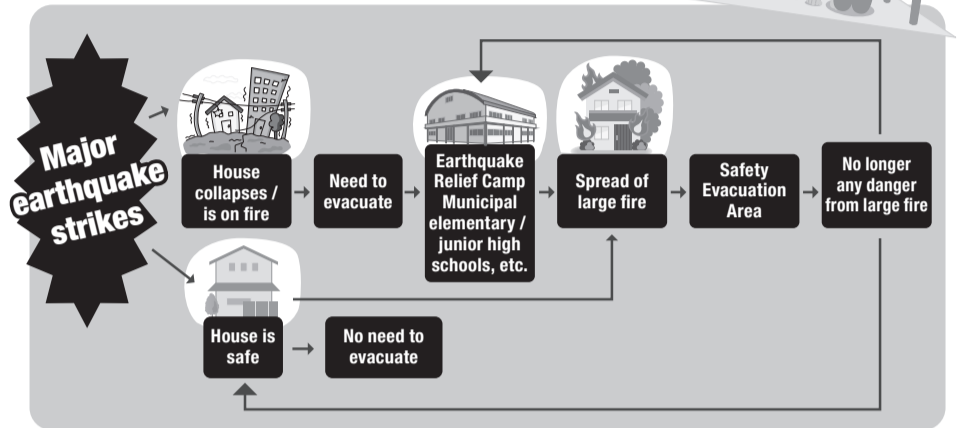
Disaster prevention map <https://www.city.suginami.tokyo.jp/guide/kyukyu/kouzui/1005260.html>

“Sugi Navi” (You can download the app through the following QR codes)

App Store ▶



Google play ▶



[Preparing for an earthquake in normal times]

● Stockpile water, food and essentials for daily life

Prepare items such as water (about 3L per person per day), emergency food supplies (at least three days' worth), emergency toilets, cold-weather gear, lights, radio, medication, diapers, milk, etc.

Please refer to the following website for details on earthquake measures that you can take at home.

HP <https://www.city.suginami.tokyo.jp/guide/kyukyu/sonae/1005248.html>

● Prevent furniture and other items from falling

In an earthquake, not only can falling furniture or shattering glass injure you, there are also many dangers that can become obstacles during evacuation or cause fires.

● Check how to use the disaster bulletin boards and other communication methods

At the time of disaster, it can become difficult to make phone calls. Use NTT's Disaster Emergency Message Dial (171) and disaster message boards operated by each of the mobile carriers. Secure multiple methods of communication including social media.

● Disaster and Disaster Prevention Information Email Service

This service is to deliver information from radio communication for disaster prevention and administration, weather watches and warnings, as well as earthquake information. The information is sent via email, in English. Please register to start receiving notifications.

◆ Information sent out Emails will be sent out when the following situations occur in Suginami City

- Watches and warning for heavy rain, flooding or gale are announced
- Rivers exceed the warning level
- Rainfall exceeds the standard value
- If a tornado alert has been issued
- If a landslide warning has been announced/lifted
- There is an earthquake with a seismic intensity level of 3 or greater

Weekend weather forecasts and other information deemed useful for disaster prevention will also be sent out.

◆ Registration

Email: Send a blank email to entry-esuginami@susu-mail.jp (The composing screen opens when you read the QR code.)

[Contact] Disaster Prevention Section



General Phone Consultation (Call Center) for the Novel Coronavirus (COVID-19)

The Metropolitan Tokyo Government has set up a phone consultation hotline (call center) for the novel coronavirus (COVID-19) to respond to consultations in English, Chinese, and Korean, in addition to Japanese.

◆ Content of consultations

- Preventing infections
- What to do when there are worrying symptoms

Tel: 0570-550571
(9:00 am-9:00 pm)

◆ Other matters

Those who have flu symptoms or a fever of 37.5 degrees or higher for four days or more, those who are experiencing strong fatigue or breathlessness, and those who are elderly or have underlying conditions and have experienced these symptoms for about two days, should call the Suginami City phone consultation center for those who have returned to the country / had contact with infected persons (Tel: 03-3391-1299 (Weekdays 9:00 am-5:00 pm)), or the novel coronavirus consultation center (Tel: 03-5320-4509 (Weekdays 5:00 pm-9:00 am the following day, Saturdays and Sundays, national holidays) (Japanese only).

[Inquiries] Public Health Section, Suginami Public Health Center Tel: 03-3391-1025

To National Health Insurance policyholders

~Insurance premium rates have been set

The FY2020 insurance premium rates for National Health Insurance have been set. Insurance premium rates for National Health Insurance are set in mid-June when income for the previous year is finalized. A notification of insurance premium rates is then sent out to the respective households. Notification is given for insurance premiums for 12 months from April 2020 to March 2021, calculated based on 10 payments from June 2020 to March 2021. Insurance premiums for April and May will be apportioned and added to payment deadlines from June onwards.

<FY2020 National Health Insurance Premiums>

	Portion for medical treatment (All policyholders)	Portion for subsidies for latter-stage elderly (All policyholders)	Portion for nursing care (Policyholders from age 40-64)
Per capita basis (for each policyholder)	39,900 yen per year	12,900 yen per year	15,600 yen per year
Income basis	Standard amount of taxation (*) × 7.14%	Standard amount of taxation (*) × 2.29%	Standard amount of taxation (*) × 2.09%
Maximum amount	630,000 yen	190,000 yen	170,000 yen

*Standard amount of taxation = Total net income from previous year, etc. - Basic deductions for resident's tax (330,000 yen)

Annual insurance premiums = Portion for Medical treatment + Portion for subsidies for latter-stage elderly + Portion for nursing care

[Contact] National Health Insurance Qualification Subsection,
National Health Insurance and Pension Section

Resident health examinations & cancer examinations

The city sponsors resident health examinations and cancer examinations.

◇ Resident health examinations

Eligible residents	Name of medical examination
Aged 30 to 39 who do not have the opportunity to receive health examinations at the workplace.	Adult examination
Aged 40 to 74 and enrolled in Sugunami City's national health insurance	National Health Insurance specific examination
Enrolled in the medical insurance system for the elderly aged 75 or over.	Elderly in the latter stage of life examination

◇ Cancer examinations

The city sponsors stomach cancer, lung cancer, colorectal cancer, cervical cancer, breast cancer and prostate cancer examinations. Please note that each type of examination is available at different times for different ages.

[Application/inquiries]
Health Promotion Section,
Sugunami Public Health Center
[Phone] 03-3391-1015



Japanese lessons for foreign residents of Sugunami

Basic Japanese conversation, reading and writing lessons useful in day-to-day life are offered in several levels.

[Date and time] 6:30 pm-8:30 pm on Tuesday and Friday, April 17 to July 10 (Excluding May 5, 8 and 29, June 5. Total: 21 sessions)

[Location] Sesión Sugunami

[Instructors] Members of Nihongo Gakushu Sugunami no Kai

[Eligibility] Foreigners living, working or attending school in Sugunami City

[Cost] 2,000 yen/month x 3 (textbook fees extra)

[Application] By Email: Write the name of the class you wish to attend, your postal code, address (including unit number), name, age, mobile phone number and send to the Nihongo Gakushu Sugunami no Kai at suginaminihongo@gmail.com

By mail: Write the information above on a postcard and mail to the Lifelong Education Center in care of Sesión Sugunami at 1-22-32 Umezato, 166-0011

Application deadline: Applications must be received by April 13, 2020.

Childcare available for children 1 to 6 years old not attending school yet (by advanced registration only). Interviews will be held at the Sesión Sugunami from 6:30 pm on Tuesday, April 14, 2020 in order to determine the correct levels for all applicants. New students are also accepted as required after lessons begin.

[Other]

[Contact] Nihongo Gakushu Sugunami no Kai By mail: suginaminihongo@gmail.com Phone: 090-7212-7909

Announcement from Sugunami Association for Cultural Exchange

Sugunami Association for Cultural Exchange (SACE) organizes many events where foreign residents can join freely and enjoy socializing with many foreign residents as well as Japanese residents. Please join us!

◇ SACE website and Facebook page

Please visit the website and Facebook page of the Sugunami Association for Cultural Exchange. These sites offer information about events organized by the Association, Japanese language classes held in Sugunami City, and friendship cities of Sugunami City. Event information and useful information about Sugunami City is also sent out by post, free of charge, to foreign residents living in Sugunami City. Registration is accepted through the Association's website.

◇ Looking for foreign volunteers to talk with Japanese participants!

A lecture will be held to facilitate communication with foreigners in Yasashii Nihongo*, not to use foreign languages. We are looking for foreign volunteers to talk with Japanese participants.

*Yasashii Nihongo is plain Japanese and easy to understand for foreigners.

[Date and time] 1:00 pm-5:00 pm, Tuesday, June 30

[Location] Branch Office Building of Sugunami City Office (4-36-13 Naritahigashi)

[Description] Lecture "Communication in Yasashii Nihongo," Practice "Let's communicate with foreigners"

[Capacity] 5 (in order of application)

[Application] Apply to SACE by phone, postcard, fax or email, providing the event name, home address, your name (including in katakana), age, phone number and nationality.

[Other] Transportation expenses will be provided

◇ Support Desk for Foreign Residents

Volunteer interpreters provide support for foreign residents who need assistance at the Sugunami City Office. Interpretation services are available in English, Chinese, Korean and Nepali. Please feel free to contact the Support Desk for assistance.

[Date and time/languages]

- (1) English: Every Monday 1:00 pm-4:00 pm, every Friday 9:00 am-12:00 pm
- (2) Chinese: Every Monday 9:00 am-12:00 pm, every first, third, and fifth Friday 1:00 pm-4:00 pm
- (3) Korean: Every second and fourth Friday 1:00 pm-4:00 pm
- (4) Nepali: Every first and third Wednesday 9:00 am-12:00 pm

* Closed on national holidays and year-end/New Year holidays.

[Location]

[Consultation methods] Visit Sugunami City Office in person/Telephone (Public Hearing Section)/In writing (By post, fax, or Email)

[Cost]

Free of charge

For applications and inquiries, please contact Sugunami Association for Cultural Exchange.

[Address] 5F Minami-Asagaya Building, 1-14-2 Asagayaminami, 166-0004

[Phone] 03-5378-8833

[Fax] 03-5378-8844

[E-mail] info@suginami-kouryu.org

[Website]

<https://www.suginami-kouryu.org/>

[Facebook]

<https://www.facebook.com/suginami.kouryu>



[Date and time] English: Every Tuesday 9:00 am-12:00 pm, every Thursday 1:00 pm-4:00 pm

Chinese: Every Tuesday 1:00 pm-4:00 pm, every Thursday 9:00 am-12:00 pm

* Closed on national holidays and year-end/New Year holidays.

[Location] Public Hearing Section (1F East Building, Sugunami City Office)

[Other] Consultation services are also available via phone.

Medical Consultation Service Counters

Tokyo Metropolitan Medical Consultation Service Center

Inquiries regarding medical institutions that provide foreign language consultation and the Japanese medical system are handled in English, Chinese, Korean, Thai and Spanish. **[Consultation hours]** 9:00 am-8:00 pm every day **[Phone]** 03-5285-8181

Tokyo Metropolitan Medical Institution Information "Himawari/t-Yakkyoku Info"

The website allows you to search for medical institutions close to an address or station. **[English website]** <https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fks230.php>

Sugunami City Emergency Treatment (In Japanese only)

■ Sugunami City Holiday and Nighttime Emergency Treatment Center

[Phone] 03-3391-1599 **[Address]** Sugunami Public Health Center 2F, 5-20-1 Ogikubo

[Hours and departments] (reception closes 30 minutes before end of examination time)

Monday to Friday, 7:30 pm-10:30 pm: pediatrics

Saturdays, 5:00 pm-10:00 pm: internal medicine, pediatrics, ear/nose/throat

Sundays, national holidays, year-end/New Year holidays, 9:00 am-10:00 pm: internal medicine, pediatrics, surgery (until 5:00 pm), ear/nose/throat

Call first for a consultation. If you are asked to come in for an examination as a result of the consultation, be sure to bring your health insurance certificate and medical certificate.

■ Sugunami City Dental Health and Medical Center (Holiday Dental Emergency Clinic)

[Phone] 03-3398-5666 **[Address]** Sugunami Public Health Center 5F, 5-20-1 Ogikubo

[Hours] Sundays, national holidays, year-end/New Year holidays: 9:00 am-5:00 pm (reception until 4:00 pm)

■ Sugunami City Emergency Medical Information Center

Information on medical institutions and medical consultation available.

[Phone] #7399 or 03-5347-2252 **[Hours]** Monday to Friday: 8:00 pm-9:00 am following day

Saturdays, Sundays, national holidays, year-end/New Year holidays: 9:00 am-9:00 am following day



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大地震に備えて、「今」できることを!



自分や家族を守るために、発災時の避難方法や震災救援所などの避難場所、家族との連絡手段の確認など、「今」できる地震への備えをしましょう。

【大地震が起きたら…】

◇避難するときは

家が倒壊したり、焼けたりして、自分の家に居られなくなった時は、近くの震災救援所^(※1)に避難してください。
また、大規模な火災により自宅や震災救援所に危険が迫った場合には、近くの広域避難場所^(※2)へ避難してください。

●震災救援所^(※1)ってどんなところ?

区内に震度5強以上の地震が発生した際に、区立小中学校等に開設されます。家が倒壊したり、焼けたりして、自分の家に居られなくなった方の避難、救護活動を行う拠点です。

ただし、家が無事で、地域に火災の危険がない場合、在宅避難が可能なので、慌てて避難する必要はありません。日頃から、自宅での震災対策・備蓄を心掛けましょう。

●震災救援所は「みんなの家」

震災救援所は、平常時から運営体制の検討や訓練等を実施している、震災救援所運営連絡会(町会、防災会、区などのメンバー)が中心となって運営します。

災害が起こった時は、運営スタッフも含め、みんなが被災者です。みんなの生活の場である震災救援所の運営や救護活動など、運営スタッフと避難者がお互いに協力する必要があります。大地震が発生し震災救援所に避難した場合には、どのような協力ができるのか考えておきましょう。

家が無事で、地域に火災の危険がない場合は、震災救援所で在宅避難者登録(受け付け)を行うことで、自宅で生活しながら、震災救援所で物資を受け取ることができるため在宅避難が可能です。慌てて避難する必要はありません。日頃から、自宅での震災対策・備蓄を心掛けるとともに、震災救援所への協力もお願いします。

●広域避難場所^(※2)とは

主に大規模延焼火災が発生した場合に火の手から身を守るために一時的に避難する場所です。大きな公園や広場などが広域避難場所として指定されています。

●近くの震災救援所・広域避難場所を確認しましょう

区内には、65カ所の震災救援所があります。建物等の倒壊による道路の状況や、火災の状況に応じて適切に避難できるよう、事前に複数の震災救援所の場所や広域避難場所を確認しておきましょう。また、スマートフォン向け防災地図アプリ「すぎナビ」でも確認できます。

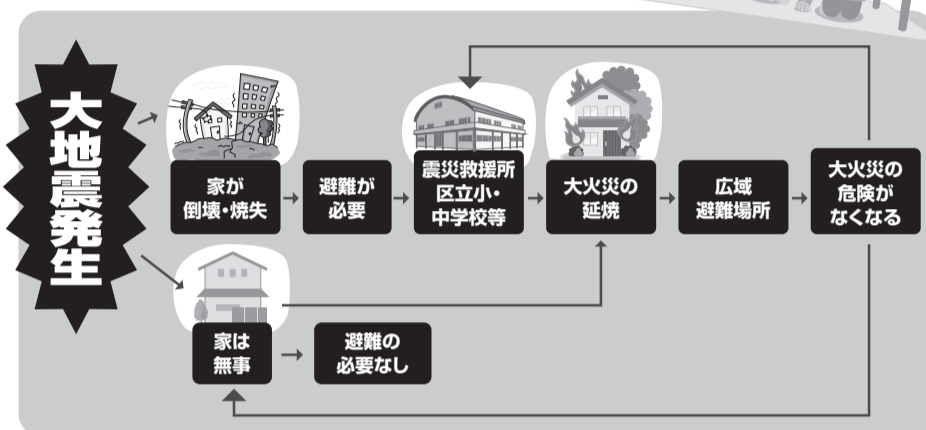
防災マップ <https://www.city.suginami.tokyo.jp/guide/kyukyu/kouzui/1005260.html>

「すぎナビ」(以下の2次元コードからダウンロードできます)

App Store ▶



Google play ▶



【日頃から災害に備えましょう】

●水・食料・生活必需品を備蓄しましょう

保存水(1人1日3ℓが目安)・非常食(3日以上)・簡易トイレ・防寒具・照明・ラジオ・医療品・おむつ・ミルクなどを備えておきましょう。詳細は、「家庭での災害対策」をご覧ください。

HP <https://www.city.suginami.tokyo.jp/guide/kyukyu/sonae/1005248.html>

●家具類の転倒防止対策をしましょう

地震で家具が倒れたり、ガラスが飛び散ったりすると、けがをするだけでなく、避難時の障害や火災の原因となるなど、さまざまな危険をもたらします。家具転倒防止器具の設置など、家庭内で安全対策をしましょう。

●災害用伝言板等の使い方を確認しましょう

災害時は、電話がつながりにくくなります。NTTの災害伝言ダイヤル(電話171)や携帯電話各社の災害用伝言版を活用しましょう。また、SNSなど複数の手段を確保しておきましょう。

●災害・防災情報メールをご利用ください

防災行政無線で放送した内容や気象警報・注意報、地震の発生情報などをメール配信するサービスです(英語版あり)。利用には事前登録が必要です。

◇配信する情報

- 杉並区内で、
- ・「大雨・洪水・強風」注意報・警報が発表されたとき
- ・河川が警戒水位を超過したとき
- ・雨量が基準値を超えたとき
- ・竜巻注意情報が発表されたとき
- ・土砂災害警戒情報が発表・解除されたとき
- ・震度3以上の地震が発生したとき

このほか、週末天気予報や防災上重要と思われる情報も配信します。

◇登録方法

Eメール entry-esuginami@susu-mail.jpに空メールを送信してください。(2次元コードを読み込むと送信画面が開きます)



【問い合わせ】防災課

新型コロナウイルス感染症に関する一般電話相談(コールセンター)

東京都は、日本語に加えて英語・中国語・韓国語での相談にも対応している新型コロナウイルス感染症に関する電話相談窓口(コールセンター)を設置しています。

◆対応内容

- ・感染症の予防について
 - ・心配な症状があらわれた時の対応について
- 電話 0570-550571(午前9時~午後9時)

◆その他

「風邪の症状や37.5度以上の発熱が4日以上続いている方」や「強いだるさや息苦しさがある方」(高齢者や基礎疾患等がある方は、この状態が2日程度続く場合)は、杉並区帰国者・接触者電話相談センター 電話 03-3391-1299(平日の午前9時~午後5時)、新型コロナ受診相談窓口 電話 03-5320-4509(平日午後5時~翌午前9時、土・日曜日、祝日)(日本語のみ)

【問い合わせ】杉並保健所保健予防課 電話03-3391-1025

国民健康保険に加入している方へ～保険料率が決まりました

2020年度国民健康保険料の料率が決まりました。
国民健康保険の保険料は前年所得が確定する6月中旬に決定し、各世帯に保険料額通知書を送付します。2020年4月～2021年3月の12カ月分の保険料を、2020年6月期～2021年3月期の10回でお支払いいただくように計算して通知します。4・5月の保険料は、6月期からの納期に割り振って上乗せします。

〈2020年度国民健康保険料〉

	医療分 (全ての加入者)	後期高齢者支援金分 (全ての加入者)	介護分 (40～64歳の加入者)
均等割 (加入者1人当たり)	年額3万9900円	年額1万2900円	年額1万5600円
所得割	賦課標準額(※) × 7.14%	賦課標準額(※) × 2.29%	賦課標準額(※) × 2.09%
最高限度額	63万円	19万円	17万円

※賦課標準額＝前年の総所得金額等－住民税の基礎控除額(33万円)

年間保険料＝医療分＋後期高齢者支援金分＋介護分

【問い合わせ】国保年金課国保資格係

区民健康診査・がん検診

区では、区民健康診査とがん検診を実施しています。

◇区民健康診査

対象	健診名
30～39歳で、職場などで健診を受ける機会がない方	成人等健診
40～74歳で杉並区国民健康保険加入者	国保特定健診
後期高齢者医療制度加入者	後期高齢者健診

◇がん検診

胃がん検診、肺がん検診、大腸がん検診、子宮頸がん検診、乳がん検診、前立腺がん検査を実施しています。検診ごとに対象年齢、受診期間などが異なりますので、ご注意ください。

【申し込み・問い合わせ】
電話で、杉並保健所健康推進課
電話 03-3391-1015



杉並でくらす外国人のためのにほんご教室

日常生活に必要な基本的な日本語の会話や読み書きを学ぶ、レベル別クラスレッスンです。

【日時】4月17日～7月10日の火・金曜日、午後6時30分～8時30分
(5月5日・8日・29日、6月5日を除く。計21回)

【場所】セシオン杉並

【講師】にほんご学習すぎなみの会

【対象】区内在住・在勤・在学の外国の方

【費用】1カ月2000円×3回(別途テキスト代)

【申し込み】Eメールに講座名・郵便番号・住所・氏名・年齢・携帯電話番号を書いて、にほんご学習すぎなみの会 Eメール"suginaminihongo@gmail.com"。またははがきに講座名・郵便番号・住所(部屋番号まで)・氏名・年齢・携帯電話番号を書いて、社会教育センター(〒166-0011梅里1-22-32セシオン杉並内)／**申込期限**＝4月13日(必着)

【その他】1歳～就学前の託児あり(事前申込制)。クラス分けのための面接を4月14日(火)午後6時30分からセシオン杉並で実施。レッスン開始後も随時入会受け付け

【問い合わせ】にほんご学習すぎなみの会

Eメール suginaminihongo@gmail.com 電話090-7212-7909

杉並区交流協会のお知らせ

杉並区交流協会では、外国の方が気軽に参加でき、日本人をはじめ多くの外国の方と楽しく交流できるイベントをたくさん企画しています。皆さんも、ぜひご参加ください。

◇杉並区交流協会ホームページとFacebook

杉並区交流協会のホームページやFacebookをご覧ください。杉並区交流協会主催のイベントや区内の日本語教室、杉並区の交流自治体の情報などが掲載されています。区内在住の外国の方には、無料でイベント情報や区内の便利な情報を郵送しています。登録はホームページからできます。

◇日本人と話をするボランティアを募集しています！

【Looking for foreign volunteers to talk with Japanese participants!】

外国語を使わずに、やさしい日本語(※)で外国人とコミュニケーションをするための講座です。日本人と話をする外国人を募集しています。

※簡単に、外国人にとってわかりやすい日本語。

【日時】6月30日(火)午後1時～5時

【場所】区役所分庁舎(成田東4-36-13)

【内容】講義「やさしい日本語でコミュニケーション」、実践「実際に外国の方とコミュニケーションをとってみましょう」

【定員】5名(申込順)

【申し込み】電話・はがき・ファクス・Eメールに行事名・住所・氏名(フリガナ)・年齢・電話番号・国籍を書いて、杉並区交流協会

【その他】交通費程度を支給

◇外国人サポートデスク [Support Desk for Foreign Residents]

ボランティア通訳が区役所での手続きのサポートをします。英語・中国語・韓国語・ネパール語で対応しています。お気軽に窓口までお越しください。

【日時・言語】① 英語＝毎週月曜日午後1時～4時、金曜日午前9時～正午

② 中国語＝毎週月曜日午前9時～正午、第1・3・5金曜日午後1時～4時

③ 韓国語＝第2・4金曜日午後1時～4時

④ ネパール語：第1・3水曜日午前9時～正午

※いずれも祝日、年末年始を除く。

【場所】区政相談課(区役所東棟1階)

【相談方法】来所・電話(区政相談課)・文書(郵送・ファクス・Eメール)

【費用】無料

申し込み、詳細の問い合わせは、杉並区交流協会へ。

【住所】〒166-0004 阿佐谷南1-14-2 みなみ阿佐ヶ谷ビル5階

【電話】03-5378-8833

【ファクス】03-5378-8844

【Eメール】info@suginami-kouryu.org

【ホームページ】

https://www.suginami-kouryu.org/

【Facebook】

https://www.facebook.com/suginami.kouryu



◆外国人相談を実施しています◆

区内在住の外国の方の日常生活や区政に対する相談を受け付けています。お気軽にご相談ください。

【日時】英語＝毎週火曜日午前9時～正午、毎週木曜日午後1時～4時

中国語＝毎週火曜日午後1時～4時、毎週木曜日午前9時～正午

※祝日・年末年始は除く。

【場所】区政相談課(区役所東棟1階)

【その他】電話による相談もできます

医療相談の窓口

東京都保健医療情報センター

東京都医療機関・薬局案内サービス

「ひまわり・t・薬局いんぶお」

外国語で診療を受けることができる医療機関や、日本の医療制度についての問い合わせに、英語・中国語・韓国語・タイ語・スペイン語で応じます。

【相談日時】毎日午前9時～午後8時 【電話】03-5285-8181

ホームページで、住所や最寄りの駅から医療機関を探すことができます。

【外国語ホームページ】https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fks230.php

杉並区の急病診療窓口(日本語対応のみ) まずは、電話でご相談ください。相談の結果、受診する場合は、健康保険証・医療証を必ず持参してください。

■杉並区休日等夜間急病診療所

【電話】03-3391-1599 【場所】荻窪5-20-1杉並保健所2階

【診療時間・科目】(いずれも受付終了時間は診療終了時間の30分前まで)

月～金曜日…午後7時30分～10時30分＝小児科

土曜日…午後5時～10時＝内科・小児科・耳鼻咽喉科

日曜日・祝日…午前9時～午後10時(外科は午後5時まで)＝内科・小児科・外科・耳鼻咽喉科
年末年始

■杉並区歯科保健医療センター(歯科休日急病診療)

【電話】03-3398-5666 【場所】荻窪5-20-1杉並保健所5階

【診療時間】日曜日、祝日、年末年始の午前9時～午後5時(受け付けは午後4時まで)

■杉並区急病医療情報センター ※医療機関案内・医療相談を受け付けています。

【電話】#7399 または 03-5347-2252

【案内・相談時間】月～金曜日…午後8時～翌日午前9時

土・日曜日、祝日、年末年始…午前9時～翌日午前9時