



Hello! SUGINAMI

Suginami City Population (as of March 1, 2022)
Total population 568,989
Foreign residents 15,111

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/>

COVID-19 (Novel Coronavirus) Vaccinations

Third Vaccinations

Third vaccinations are now underway, and reservations are currently available, primarily at the Moderna vaccine site. We are now sending out third vaccination vouchers to eligible residents. Please make an appointment as soon as possible if you wish to get the vaccination. For the latest information, please refer to Suginami City's website (QR code to the right).

[Contact] Suginami City Novel Coronavirus Vaccination Call Center Tel: 0120-023-015 (9:00 am - 5:00 pm including Saturdays, Sundays and national holidays. Support provided for foreign language speakers (in 20 languages))



Pediatric Vaccinations (Aged 5 to 11)

Pfizer's vaccine for children aged 5 to 11 received special approval on January 21. Pediatric vaccinations began on March 5 at mass vaccination sites and medical institutions. Vaccination is voluntary. For the latest information, please refer to Suginami City's website (QR code to the right).

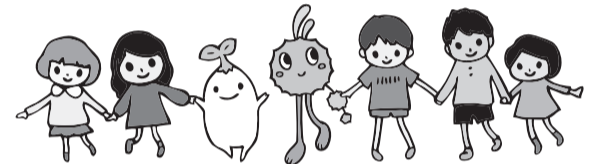


[Overview of Pediatric Vaccinations]

- Vaccine type: Pfizer (for children aged 5 to 11)
 - Number of vaccinations: Two, with at least a three-week gap in-between
 - Vaccination period: Day prior to the fifth birthday to two days prior to 12th birthday
- Note: The first and second vaccinations will be the same variety, regardless of age at the time of the second vaccination.

[Pediatric Vaccination System]

Vaccinations began on March 5 at the following mass vaccination sites.



● Mass Pediatric Vaccination Sites

Vaccination Venue	Open	Operating Hours
Town Seven Hall (8F Ogikubo Town Seven Building, 1-9-1 Kamiogi)	<ul style="list-style-type: none"> ● Until April 15: every day ● From April 16: Tuesdays through Sundays, and national holidays 	<ul style="list-style-type: none"> ● Mondays through Fridays: 2:00 pm - 7:40 pm ● Saturdays, Sundays, national holidays, from April 1 to 4, and from April 29 to May 8: 10:40 am - 6:40 pm
Takaido Community Health Center (3-20-3 Takaidohigashi)	<ul style="list-style-type: none"> ● April 2/3, 16/17, and 29/30 ● May 1, 3 to 5, 7, and 21/22 	10:00 am - 4:00 pm
Kōenji Community Health Center (3-24-15 Kōenjinminami)	<ul style="list-style-type: none"> ● April 2/3, 23/24, and 29/30 ● May 1, 3 to 5, 7, and 14/15 	
Nishiogi Community Hall (4-3-2 Momoi)	<ul style="list-style-type: none"> ● April 3, 16/17, and 29/30 ● May 1 to 8, and 14/15 	
Igusa Community Hall (5-7-22 Shimoigusa)	<ul style="list-style-type: none"> ● April 1 to 4, 9/10, 23/24, and 29/30 ● May 1, 3 to 5, 7, and 21/22 	
Eifuku Izumi Community Hall (3-8-18 Izumi)	<ul style="list-style-type: none"> ● April 1 to 4, 9/10, 23/24, and 29/30 ● May 1, 3 to 5, 7, and 14/15 	

● Medical institution

Medical institutions offering vaccines are listed on the city's website (QR code to the right).



● Make a Reservation

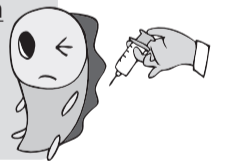
Contact our call center or book online (QR code to the right) or contact the medical institute in question.



● What to Bring

Please ensure that you bring the following four items with you, and ensure that children are accompanied by a guardian when getting the vaccine.

- (1) Vaccination Voucher
- (2) Preliminary Examination Form (parent/guardian must sign the vaccination request form)
- (3) Personal Identification (such as a health insurance certificate, My Number card, etc.)
- (4) Mother and child health handbook (for those who have one)



What You Can Do Now to Prepare for a Major Earthquake! ~ 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, radio, medication, infection prevention items (such as masks, hand sanitizers), etc.

● 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. * The practice method for using the Disaster Emergency Message Dial is provided on the reverse side of the Disaster Prevention Map (QR code to the right), so please make full use of it.



● Check the location of an Earthquake Relief Camp nearby

Suginami City has 64 Earthquake Relief Camps (such as elementary and junior high schools located in the City). In order to ensure that you can evacuate safely when roads are blocked due to collapsed buildings, or when a fire has broken out, please check the locations of the Earthquake Relief Camps and safety evacuation areas near you regularly. You can also check our official disaster prevention electronic map service, "Sugi Navi." (QR code to the right)

* Please consider staying at home if it is safe and not at risk of fire or collapse.



● 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. Everyone should also install devices in their homes to prevent furniture from toppling over.

● Please make use of the 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. Please register to start receiving notifications.

◇ Information sent out

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

- Heavy Rain and Flood Warnings, Advisories, Special Warnings, etc., are issued
- Rivers exceed the warning level
- Rainfall exceeds the standard value
- If a landslide warning has been announced or lifted
- If a tornado alert has been issued
- 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 t.sss_en@sgnm.lisamail.jp (The composing screen opens when you read the QR code on the right.)



[Contact] Disaster Prevention Section



To National Health Insurance Policyholders

The FY2022 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 FY2022, calculated based on 10 payments from June 2022 to March 2023.

< FY2022 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)	42,100 yen per year	13,200 yen per year	16,600 yen per year
Income basis	Standard amount of taxation (*) × 7.16%	Standard amount of taxation (*) × 2.28%	Standard amount of taxation (*) × 2.20%
Maximum amount	650,000 yen	200,000 yen	170,000 yen

*Standard amount of taxation = Total net income from previous year, etc. – Basic deductions for resident's tax (430,000 yen)

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

Note: From fiscal year 2022, per-capita premiums for national health insurance for preschool children will be reduced by half. Preschool children are defined as those who are 6 years old or younger as of the end of March 2023.

◆ National Health Insurance Certificate (health insurance card)

The expiration date for your health insurance card is printed on the upper right of the card. It is typically the day after your period of stay ends. If you let your resident registration lapse without going through renewal procedures for your period of stay, you will also become ineligible for national health insurance. Therefore, make sure that once you go through the steps needed to extend your stay with the Immigration Bureau, you also replace your card with a new one at the National Health Insurance Eligibility Subsection of the National Health Insurance and Pension Section (2F, East Wing of the City Office), the Residence Subsection of the Residence Section (1F, East Wing of the City Office), or at Residents Offices. When replacing your card, you will need to have your old health insurance card, as well as your passport and resident's card.

◆ If you enroll in another public health insurance program

If you enroll in another public health insurance program, such as those who enroll in the employee's insurance program at work, you will need to complete procedures to withdraw from the National Health Insurance program. Bring along your National Health Insurance Certificate, as well as a document showing that you have enrolled in a new insurance program (such as the relevant insurance certificate), to complete the procedures at the National Health Insurance Eligibility Subsection of the National Health Insurance and Pension Section or at Residents Offices. If you are unable to complete the procedures in person, you can also do so by post. Please send copies of the new health insurance certificate for the number of people and your National Health Insurance Certificate to the abovementioned subsection of the Suginami City Office.

[Contact] National Health Insurance Eligibility Subsection, National Health Insurance and Pension Section Tel: 03-5307-0641

Resident Health Examinations & Cancer Examinations

The city sponsors resident health examinations and cancer examinations.

● Resident health examinations

The city sponsors resident health examinations to those who are aged 30 to 39 and do not have the opportunity to receive health examinations at the workplace (Adult Examination), those who are aged 40 to 74 and are enrolled in Suginami City's National Health Insurance program (National Health Insurance Specific Examination), and those 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 and breast cancer examinations. Please note that each type of examination is available for different ages.

[Contact] Health Examination Subsection, Health Promotion Section, Suginami Public Health Center Tel: 03-3391-1015

Japanese Classes for Foreigners Living in Suginami

These are level-based online classes in which students can learn to speak, read, and write basic Japanese, which is necessary for everyday life.

[Class dates and times] Every Tuesday and Friday from April 8 to July 22, 2022, 7:00 pm – 9:00 pm (excluding April 29, May 3, and May 6. 28 classes in total.)

[Instructors] Members of the "Nihongo Gakusyu Suginami no Kai"

[Eligibility] Persons living, working, and/or studying in Suginami City

[Cost] 2,000 yen per month (excluding the cost of textbooks)

[Application] Please send a postcard or e-mail containing the course name as well as your postal code, address, name, age, and telephone number, to Nihongo Gakusyu Suginami no Kai (3-11-1SNK, Hamadayama, 168-0065).

[Contact] Nihongo Gakusyu Suginami no Kai

[Tel] 090-7212-7909

[E-mail] suginaminihongo@gmail.com

[Other] An interview will be conducted on April 5 (Tuesday) to assign students to the appropriate classes. Please inquire for details.

Announcement from Suginami Association for Cultural Exchange

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

* Events and contents may be canceled or postponed as part of efforts to prevent the spread of the novel coronavirus (COVID-19). For the latest information, please contact the Suginami Association for Cultural Exchange or the event organizers.

◇ SACE Website and Facebook Page

These sites offer information about events organized by SACE, Japanese language classes held in Suginami City, and friendship cities of Suginami City. Event and helpful information is also sent to foreign residents living in Suginami City by postal mail, free of charge. Registration is accepted through the Association's website.

◇ Support Desk for Foreign Residents

Volunteer interpreters provide support for foreign residents who need assistance at the Suginami 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] English: Monday 1:00 pm-4:00 pm, Friday 9:00 am-12:00 pm

Chinese: Monday 9:00 am-12:00 pm

Friday (1st, 3rd and 5th) 1:00 pm-4:00 pm

Korean: Friday (2nd and 4th) 1:00 pm-4:00 pm

Nepali: Wednesday (1st and 3rd) 9:00 am-12:00 pm

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

[Location] Public Hearing Section(1F East Wing, Suginami City Office)

[Consultation methods] Visit Suginami City Office in person/Telephone (Public Hearing Section)/ In writing (By post, fax, or E-mail)

[Cost] Free of charge

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

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

[Website] <https://suginami-kouryu.org/>

[Facebook] <https://www.facebook.com/suginami.kouryu>

[Tel] 03-5378-8833

[Fax] 03-5378-8844

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



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]** 9:00am-8:00pm every day **[Tel]** 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/fks240.php>

Suginami City Emergency Treatment (In Japanese only)

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.

■ Suginami City Holiday and Nighttime Emergency Treatment Center

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

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

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

Saturdays, 5:00pm-10:00pm: internal medicine, pediatrics, ear/nose/throat (pediatrics after 5:00pm for ages 1 and older)

Sundays, public holidays, year-end and New Year holidays, 9:00am-10:00pm: internal medicine, pediatrics, surgery (until 5:00pm), ear/nose/throat (pediatrics after 5:00pm for ages 1 and older)

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

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

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

■ Suginami City Emergency Medical Information Center

Information on medical institutions and medical consultation available.

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

Saturdays, Sundays, public holidays, year-end and New Year holidays: 9:00am-9:00am following day



Hello! SUGINAMI

Suginami City Population (as of March 1, 2022)
Total population 568,989
Foreign residents 15,111

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/

新型コロナワクチン接種

■3回目接種

3回目接種が進み、現在モデルナワクチン会場を中心に予約が空いております。対象者には3回目接種券を順次送付していますので、接種を希望の方は早めに予約を行ってください。最新情報は、区ホームページ(右2次元コード)をご確認ください。

【問い合わせ】 杉並区新型コロナワクチン接種コールセンター 電話 0120-023-015 (午前9時～午後5時<土・日曜日、祝日を含む>。外国語<20カ国>対応)



■小児接種(5～11歳)

5～11歳の小児を対象としたファイザー社製ワクチンが1月21日に特例承認され、3月5日から集団接種会場と医療機関で小児接種を開始しました。接種は任意です。最新情報は、区ホームページ(右2次元コード)をご確認ください。

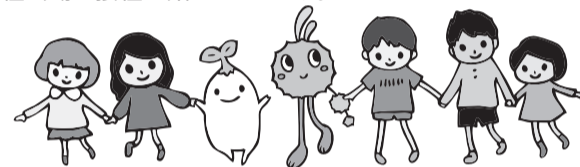


【小児接種の概要】

- ワクチンの種類 ファイザー社製(5～11歳用)
 - 接種回数 3週間以上の間隔において2回接種
 - 接種時期 5歳になる誕生日の前日から12歳の誕生日の前々日
- ※1回目に5～11歳用のワクチンを接種した場合、2回目も5～11歳用のワクチンを接種します。

【小児接種体制】

3月5日から以下の集団接種会場で接種が始まっています。



●小児集団接種会場

接種会場	開設日時	接種時間
タウンセブンホール(上荻1-9-1荻窪タウンセブンビル8階)	● 4月15日まで=毎日 ● 4月16日から=火～日曜日、祝日	● 月～金曜日=午後2時～7時40分 ● 土・日曜日、祝日、4月1日～4日・29日～5月8日=午前10時40分～午後6時40分
高井戸保健センター(高井戸東3-20-3)	● 4月=2・3日、16・17日、29・30日 ● 5月=1日、3～5日、7日、21・22日	午前10時～午後4時
高円寺保健センター(高円寺南3-24-15)	● 4月=2・3日、23・24日、29・30日 ● 5月=1日、3～5日、7日、14・15日	
西荻地域区民センター(桃井4-3-2)	● 4月=3日、16・17日、29・30日 ● 5月=1～8日、14・15日	
井草地域区民センター(下井草5-7-22)	● 4月=1～4日、9・10日、23・24日、29・30日 ● 5月=1日、3～5日、7日、21・22日	
永福和泉地域区民センター(和泉3-8-18)	● 4月=1～4日、9・10日、23・24日、29・30日 ● 5月=1日、3～5日、7日、14・15日	

●医療機関

接種可能な医療機関については区ホームページ(右2次元コード)をご確認ください。



●予約方法

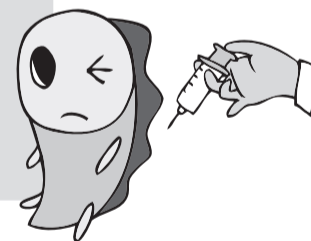
コールセンター・インターネット(右2次元コード)または医療機関で予約してください。



●接種当日の持ち物

接種の際は保護者同伴の上、必ず以下の4点を持参してください。

- ①接種券
- ②予診票(接種希望欄は保護者が自署してください)
- ③本人確認資料(保険証・マイナンバーカード等)
- ④母子手帳(お持ちの方のみ)



大地震に備えて、「今」できることを【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(最低3日分)・簡易トイレ・ラジオ・医療品・感染対策品(マスク・手指消毒剤)などを備えておきましょう。

●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など複数の連絡手段を確保しておきましょう。

※防災マップ(右2次元コード)の裏面に、災害時伝言ダイヤルの訓練方法が記載されていますのでご利用ください。



●近くの震災救援所を確認しましょう

区内には、64カ所の震災救援所(区内小中学校等)があります。建物等の倒壊による道路閉塞や、火災が起こった場合も安全に避難できるように、日頃から近隣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、杉並区公式電子地図サービス「すぎナビ」(右2次元コード)でも確認できます。

※自宅が安全で、火災または倒壊の危険がない場合は、在宅避難を行いましょう。



●家具類の転倒防止対策をしましょう

地震による家具の転倒やガラスの飛散は、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危険性があります。各家庭においても家具転倒防止器具を設置しましょう。

●メール配信サービスをご利用ください

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

◇配信する情報

- 杉並区内で、
- ・「大雨と洪水の注意報、警報、特別警報等」が発表されたとき
 - ・河川が警戒水位を超えたとき
 - ・雨量が基準値を超えたとき
 - ・土砂災害警戒情報が発表されたときおよび解除されたとき
 - ・竜巻注意情報が発表されたとき
 - ・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な情報も配信します。

◇登録方法

Eメール t.sss_en@sgnm.lisamail.jp に空メールを送信してください。
(右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



国民健康保険に加入している方へ

2022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。2022年度の保険料を、2022年6月～2023年3月の10回でお支払いいただくよう計算して通知します。

<2022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4万2100円	年額1万3200円	年額1万6600円
所得割	賦課標準額(※) × 7.16%	賦課標準額(※) × 2.28%	賦課標準額(※) × 2.20%
最高限度額	65万円	20万円	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(43万円)。

年間保険料 = 医療分 + 後期高齢者支援金分 + 介護分

※2022年度の保険料から、未就学児に係る均等割は半額になります。
なお、未就学児とは2023年3月末日時点で6歳以下の方です。

◆国民健康保険証

保険証の有効期限は、保険証の右上に記載されています。原則、在留期間満了日の翌日です。在留期間の更新手続きをせずに住民登録が削除されると、国民健康保険の資格もなくなりますので、必ず入国管理局で在留期間の延長手続きを行った上で、国保年金課国保資格係(区役所東棟2階)、区民課区民係(区役所東棟1階)、区民事務所で新しい保険証と差し替えてください。差し替えの際は、旧保険証のほかにパスポートと在留カードが必要です。

◆他の保険の適用となった方へ

勤務先の保険に加入するなど、ほかの保険の適用となった方は、国民健康保険の脱退手続きが必要です。保険証など新しい保険に加入していることが分かるものと国民健康保険証を持参の上、国保年金課国保資格係または区民事務所で手続きをしてください。来庁できない場合は郵送でも手続きができます。人数分の新しい保険証の写しと国民健康保険証を同係へ郵送してください。

【問い合わせ】国保年金課国保資格係 電話 03-5307-0641

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

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に加入している方(国保特定健診)、後期高齢者医療制度に加入している方(後期高齢者健診)を対象に実施しています。

●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、乳がん検診を実施しています。検診ごとに対象年齢などが異なりますのでご注意ください。

【問い合わせ】杉並保健所健康推進課健診係 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オンラインで学ぶレベル別クラスレッスンです。

【配信日時】4月8日～7月22日の火・金曜日、午後7時～9時(4月29日、5月3日・6日を除く。計28回)

【講師】にほんご学習すぎなみの会

【対象】区内在住・在勤・在学の方

【費用】1カ月2000円(別途テキスト代)

【申し込み】はがき・Eメールに講座名、郵便番号、住所、氏名、年齢、電話番号を書いて、にほんご学習すぎなみの会(〒168-0065 浜田山3-11-1SNK)

【問い合わせ】にほんご学習すぎなみの会

【電話】090-7212-7909

【Eメール】suginaminihongo@gmail.com

【その他】クラス分けのための面接を4月5日(火)に実施予定。詳細はお問い合わせください

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、日本人をはじめ外国の方と楽しく交流できるイベントを企画しています。

※新型コロナウイルス感染症の拡大防止のため、各イベントなどが中止・延期になることがあります。最新情報については、杉並区交流協会、各イベントの主催者にお問い合わせください。

◇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を載せています。杉並区在住の外国人には、無料でイベント情報や区内の便利な情報を郵送します。登録はホームページからできます。

◇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】・英語＝毎週月曜日午後1時～4時、金曜日午前9時～正午
・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
・韓国語＝第2・4金曜日午後1時～4時
・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、詳細の問い合わせについては、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>



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-薬局いんふお」

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ることができます。

【外国語ホームページ】<https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fks240.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・年末年始 ……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

■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…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