

Suginami City Population (as of March 1, 2021)

..... 572,257 Total population ...... Foreign residents.....

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/

# We are making preparations for novel coronavirus vaccinations

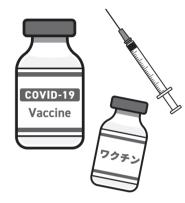
Announcing the state of preparations to commence the delivery of novel coronavirus vaccinations.

\*The following contents are subject to changes. For the latest information, please refer to Suginami City's website (QR code shown on the right).



# ■ Period for the start of vaccinations (provisional) \*For details such as eligibility, please refer to Suginami City's website.

Order of priority	Classification	Period for the start of vaccinations	
1	Medical workers	Vaccinations now ongoing	
2	Persons of age 65 and above (Born before April 1, 1957)	To begin successively from May or later	
3	Persons of age 64 and below with underlying conditions	To be confirmed (to be announced once we receive notification from the national government)	
4	Persons working in elderly care facilities, etc.		
5	Persons of age 60-64 (Born between April 2, 1957, and April 1, 1962)		
6	Persons other than those listed above		



# Procedures for receiving vaccinations

- (1) Prior to the vaccination period, the following documents will be sent by post from Suginami City to you: Coupon (Vaccination Ticket), Preliminary Examination Form, Notification of Novel Coronavirus Vaccination (A3 version), About the Vaccination (A4 version)
- (2) After you have confirmed when you will be able to receive the vaccination, search for a medical institution or vaccination venue where you can receive the vaccination \*Once the period for starting vaccinations has been confirmed, it will be announced on Suginami City's website
- (3) Book your vaccination appointment through the booking website (Japanese only, preparations are now ongoing for the launch of the website) or through the Suginami City Novel Coronavirus Vaccination Call Center (telephone, support provided for foreign language speakers).
- (4) On the vaccination date, please bring the following documents along when you get the vaccination: Coupon (Vaccination Ticket), Preliminary Examination Form with the necessary fields completed, Personal Identification (such as a passport, residence card, certificate issued by a public office, etc.).

[Note] When booking your appointment, you must have the Vaccination Ticket Number shown on your Coupon (Vaccination Ticket). Please only book your appointment after you have received your Coupon (Vaccination Ticket).

# ■ Period for the delivery of the Vaccination Ticket and other documents

The documents are scheduled to be sent out successively from late April for persons of age 65 and above. The delivery of documents for other age groups is to be confirmed.

# Call center

When bookings at for vaccinations start, you will also be able to make your booking through the phone.

 Suginami City Novel Coronavirus Vaccination Call Center (support provided for foreign language speakers) [Tel] 0570-666-542 (9:00 a.m. - 5:00 p.m. including Saturdays, Sundays and national holidays.)

For general inquiries (to government bureaus), please call the following number.

· Ministry of Health, Labor and Welfare Novel Coronavirus Vaccine Call Center (support provided for foreign language speakers)

[Tel] 0120-761770 (9:00 a.m. - 9:00 p.m. including Saturdays, Sundays and national holidays.)

# **■** Cost of vaccination

Free of charge (full cost to be covered by public funds)

# Vaccination venue

The following vaccination venues are scheduled to be opened: Suginami Kaikan Hall (3-29-5 Kamiogi), Sesión Suginami (1-22-32 Umezato), Momoiharappa Park (3-8-1 Momoi (temporary venue)), former premises of Wakasugi Elementary School (3-15-20 Amanuma). In addition to these, there are also plans to deliver vaccinations at medical institutions in Suginami City.

[Inquiries] Novel Coronavirus Vaccination Subsection, Public Health Section, Suginami Public Health Center [Tel] 03-3391-1379

# 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 shown below), so please make full use of it.

Disaster prevention map



# Check the location of an Earthquake Relief Camp nearby

Suginami City has 65 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 the disaster prevention map app for smartphones, "Sugi Navi." \*Please consider staying at home if it is safe and not at risk of fire or collapse

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

App Store



Google Play



# 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. 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

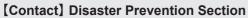
- · Watches and warning for heavy rain, flooding or gale are announced
- · Rivers exceed the warning level
- Rainfall exceeds the standard value If a landslide warning has been announced
- · If a tornado alert has been issued
- · There is an earthquake with a seismic intensity level of 3 or greater Weekend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







# To National Health Insurance Policyholders

# The FY2021 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 FY2021, calculated based on 10 payments from June 2021 to March 2022.

### <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)	38,800 yen per year	13,200 yen per year	17,000 yen per year
Income basis	Standard amount of taxation (*) × 7.13%	Standard amount of taxation (*) × 2.41%	Standard amount of taxation (*) × 2.20%
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 (430,000 yen)

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

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

# ◆ 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), or at a Residents Office. 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 a Residents Office. 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.

# 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 Promotion Section, Suginami Public Health Center [Tel]03-3391-1015

# 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.

# SACE Website and Facebook Page

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

# Support Desk for Foreign Residents

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

[Date and time / (1) English: Monday 1:00 pm-4:00 pm, Friday 9:00 am-12:00 pm

Languages]

- (2) Chinese: Monday 9:00 am-12:00 pm Friday (1st, 3rd and 5th) 1:00 pm-4:00 pm
- (3) Korean: Friday (2nd and 4th) 1:00 pm-4:00 pm
- (4) 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 Building, Suginami City Office) [Consultation methods] Visit Suginami 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 Suginami Association for Cultural Exchange.

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

Asagavaminami, 166-0004 03-5378-8833

[Tel] [Fax] 03-5378-8844

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

[Website] https://www.suginami-kouryu.org/



# Foreign Resident Consultation Services

Consultation services on everyday life and city administration matters are available for foreign residents living in Suginami City. Please feel free to approach the Suginami City Office for a consultation.

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

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

**Chinese:** Tuesday 1:00pm-4:00pm, Thursday 9:00am-12:00pm \* Closed on national holidays and year-end/New Year holidays. Public Hearing Section (1F East Building, Suginami City Office)

[Location] [Other] Consultation services are also available via phone.

Medical Consultation ervice Counters

**Service Center** 

Tokyo Metropolitan Medical Consultation 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-Yakkvoku 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)

[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 Sundays, public holidays, year-end and New Year holidays, 9:00am-10:00pm: internal medicine, pediatrics, surgery (until 5:00pm), 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.

# ■ Suginami City Holiday and Nighttime Emergency Treatment Center ■ 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



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# 型コロナワクチン接種の準備を進めています

新型コロナワクチン接種の準備状況をお知らせします。

※以下の内容は見直される場合があります。最新の情報は、区ホームページ(右の2次元コード)をご覧ください。



# ■接種の開始時期(予定) ※条件等の詳細は、区ホームページをご覧ください。

優先順	区分	開始時期	
1	医療従事者	実施中	
2	65歳以上の方(昭和32年4月1日以前に生まれた方)	5月以降から順次実施予定	
3	64歳以下で基礎疾患のある方	- 未定(国からの通知があり次第お知らせ)	
4	高齢者施設等で従事している方		
5	60~64歳の方(昭和32年4月2日~昭和37年4月1日に生まれた方)		
6	上記以外の方		

# Vaccine

# ■接種を受けるための手順

- ①接種の時期より前に、区から個人宛に「クーポン券(接種券)」、「予診票」、「新型コロナワクチン接種のお知らせ(A3判)」「予防接種について(A4判)」のご案内等が届きます。
- ②ご自身の接種可能な時期を確認の上、ワクチン接種可能な医療機関や接種会場を探します。 ※接種開始時期は決定次第、区ホームページでお知らせします。
- ③「予約サイト(インターネット〈日本語のみ。開設準備中〉)」、または「杉並区新型コロナワクチン接種コールセンター(電話〈外国語対応〉)」で予約をします。
- ④接種当日は、「クーポン券(接種券)」、「必要事項を記入した予診票」、「本人確認書類(パスポート、在留カード、官公署が発行した証明書など)」を持参の上、接種を受けます。

【注意】予約には「クーポン券(接種券)」に記載の接種券番号が必要です。「クーポン券(接種券)」が届いてから予約を行ってください

# ■接種券等の送付時期

65歳以上の方に、4月下旬から順次発送する予定です。その他の方については現時点で未定です。

# ■接種費用

無料(全額公費負担)

# ■コールセンター

今後、接種の予約を開始した際には、こちらで電話予約も受け付けます。 ●杉並区新型コロナワクチン接種コールセンター(外国語対応)

電話 0570-666-542 (午前9時~午後5時。土・日曜日、祝日含む) また、国へのお問い合わせは下記もご利用ください。

●厚生労働省新型コロナワクチンコールセンター 電話 0120-761770 (午前9時~午後9時。土・日曜日、祝日含む)

# ■接種場所

杉並会館(上萩3-29-5)、セシオン杉並(梅里1-22-32)、桃井原っぱ公園(桃井3-8-1〈仮設〉)、 旧若杉小学校(天沼3-15-20)を予定しています。このほか、区内医療機関を予定しています。

【問い合わせ】杉並保健所保健予防課新型コロナウイルス予防接種担当 電話 03-3391-1379

# 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(下の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 でご活用ください。

防災マップ



# ●近くの震災救援所を確認しましょう

区内には、65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、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。 ※自宅が安全で、火災または倒壊の危険がない場合は、在宅非難を検討しましょう。

「**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



# ●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、けがをするだけではなく、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
- ・土砂災害警戒情報が発表されたとき ・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。 (右の2次元コードを読み込むと送信画面が開きます)



Di mm





# 国民健康保険に加入している方へ

# 2021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。2021年度の保険料を、2021年6月~2022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。

# <2021年度国民健康保険料>

	医療分	後期高齢者支援金分	介護分
	(全ての加入者)	(全ての加入者)	(40~64歳の加入者)
均等割 (加入者1人当たり)	年額3万8800円	年額1万3200円	年額1万7000円
所得割	賦課標準額(※)	賦課標準額(※)	賦課標準額(※)
	× 7.13%	× 2.41%	× 2.20%
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(43万円)

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 電話 03-5307-0641

# ◆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消除されると、国保の 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)または区民課区民係(東棟2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国保年金課国保資格係へ郵送してください。

# 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 電話 03-3391-1015

# 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。

# ◇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

3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)

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 【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

みなみ阿佐ケ谷ビル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 ◆

区内在住の外国人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=毎调火曜日午前9時~正午、毎调木曜日午後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)

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。

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

【相談日時】毎日午前9時~午後8時 【電話】03-5285-8181

「ひまわり・t-薬局いんふぉ」

東京都医療機関・薬局案内サービス 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/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

【場所】荻窪5-20-1杉並保健所2階 【電話】03-3391-1599

【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