

Want to know more about COVID-19 vaccines?

While Japan has begun administering COVID-19 vaccines, starting with healthcare workers, there may be many residents in Tsukuba City who are concerned about when their turn is. To help ease any concern, the summer edition of CITY NEWS TSUKUBA explains COVID-19 vaccines in an easy-to-understand manner.

1. I would like basic information about COVID-19 vaccination such as who is eligible and where I can get vaccinated.

Q. Can everyone get vaccinated for COVID-19?

A. All residents registered in Tsukuba City who are 16-year-old and above are eligible, regardless of nationality. However, vaccination is voluntary and not compulsory.

Q. How much does it cost?

A. The COVID-19 vaccination is free of charge because it is fully subsidized by public funding. You will never be asked to pay for it.

A. Where can I get vaccinated?

A. In Tsukuba City, the basic practice is that each resident gets vaccinated at an affiliated medical institution (ideally this is a medical institution that you would usually go to or you have been before), but the City is planning to set up mass vaccination sites depending on the overall situation regarding vaccines. A list of affiliated medical institutions will be sent by post along with a vaccination coupon. Please also refer to Tsukuba City's official website for the latest information.

Q. Is it possible to choose the type of vaccine?

A. Unfortunately, you cannot choose it. You will be administered a vaccine that is available at the time. For the time being, the vaccine expected to be available will be Pfizer's which is approved by the regulatory authority. Please note that your second dose should be the same manufacturer as your first dose.

2. I would like to know the vaccination schedule.

Q. When will I get the vaccine?

A. Healthcare workers and elderly persons in the City have started to receive the first dose of COVID-19 vaccination. Tsukuba City will start vaccinating persons with underlying conditions next, and then persons aged between 16 and 64.

3. I would like to know more about side effects of vaccination.

Please also refer to the website of the Prime Minister's Office regarding side effects of COVID-19 vaccination (available in Japanese, English and Chinese): <https://japan.kantei.go.jp/ongoingtopics/vaccine.html#vaccine03>

Q. What are the symptoms of side effects?

A. There may be cases where you experience pain at the injected area, headache, fatigue and muscle pain after vaccination. You will be requested to stay for 15 to 30 minutes at the vaccination site to see if you may develop an adverse reaction. Although extremely rare, there may be cases where anaphylaxis (acute allergic reaction) is triggered. In the unlikely event of anaphylaxis, treatment will be administered immediately at the vaccination site or medical institution.



Q. What is anaphylaxis?

A. Anaphylaxis usually develops suddenly and some of its symptoms include skin symptoms such as hives, gastrointestinal symptoms such as stomachache and vomiting, and respiratory symptoms such as breathlessness. Vaccination sites and medical institutions have medicines and other medical supplies so that they can respond immediately in case of anaphylaxis.

Q. I am concerned about anaphylaxis. Is vaccination compulsory?

A. No, COVID-19 vaccination is not compulsory. It will be administered only if you wish to receive it after fully informed about the vaccination.

In the United States, the number of anaphylaxis cases reported after Pfizer COVID-19 vaccine was about five per million doses as of January 18, 2021. Of those who developed anaphylaxis, 90% did so within 30 minutes after vaccination and also, 80% was reported to have a history of allergy.

Q. Is there any compensation if side effects occur?

A. There is a scheme called National Vaccine Injury Compensation Program. If health damage is caused by vaccination, you may be entitled to relief under the Preventive Vaccination Law. COVID-19 vaccination is also subject to this law.

Although extremely rare, all vaccines have side effects. Because vaccine-related health damage cannot be eradicated, there is a relief scheme for it. Under the relief scheme, if health damage is caused by vaccination which necessitates medical treatment or result in disability, relief such as medical fees and disability pension will be provided based on the Preventive Vaccination Law.

Q. Is it okay for pregnant and breastfeeding women to have vaccination?

A. Pregnant and breastfeeding women can have COVID-19 vaccination. However, pregnant women or women who may be pregnant should use their own judgement due to the limited safety data available. There are no concerns about breastfeeding women to have vaccination at this moment. If you are concerned, please talk to your doctor before you decide to have your vaccination.

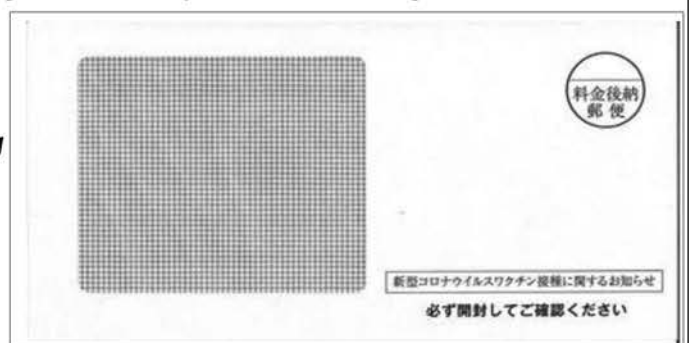
4. I would like to know how I can get my vaccination.

Please see the official website of Tsukuba City (available in Japanese and English) for how to book individual or mass vaccination (TBA) and the list of hospitals available for vaccination.

Q. Can I visit a hospital or vaccination site without an appointment and receive my vaccination?

A. No, you cannot get vaccinated if you visit a hospital, etc. without an appointment. You need to make an appointment at a hospital after you receive a white envelope from the City with the following items enclosed;

1. Vaccination coupon,
2. Notice letter for COVID-19 vaccination,
3. Pre-screening form and 4. A leaflet.



Q. How do I make an appointment?

A. When it is your turn, Tsukuba City will send a white envelope with a vaccination coupon, etc. enclosed. When you receive it, please make an appointment for vaccination according to the instruction enclosed.

For inquiries regarding COVID-19 vaccination, please see below:

- Tsukuba City COVID-19 Vaccination Call Center (available in Japanese and English)
Phone: 029-883-1391 Open hours: Mon-Fri 8:30 am-5:15 pm
- Ministry of Health, Labour and Welfare COVID-19 Vaccine Call Center Phone: 0120-761770 (Toll free)
Open hours: Japanese, English, Korean, Portuguese and Spanish: Daily 9:00 am-9:00 pm
Thai: Daily 9:00 am - 6:00 pm Vietnamese: Daily 10:00 am-7:00 pm

To fill in your COVID-19 pre-screening form, please refer to the translated version of a form on the official website of Ministry of Health, Labor and Welfare (available in multiple languages).

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/vaccine_tagengo.html



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• Tsukuba City will carry out an online survey for foreign nationals residing
• in the City. A letter with a QR code will be sent by post to persons who are included in the survey
• around June or July. Please respond if you receive the letter!
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SUSTAINABLE DEVELOPMENT GOALS

Tsukuba SDGs Future City

What are SDGs (Sustainable Development Goals)?

The 2030 Agenda for Sustainable Development was adopted at the 70th Session of the United Nations General Assembly, which was held at the United Nations Headquarters in September 2015. The agenda - the Sustainable Development Goals (SDGs) - contains 17 goals and 169 targets to be achieved



globally between 2016 and 2030. Aiming to create a more inclusive world where no one is left behind, the SDGs are universal goals for tackling various issues for sustainable development. To achieve the SDGs by 2030, all people including governments, private companies, NGOs, municipalities and citizens in both developed and developing countries are required to actively join and promote relevant initiatives.

Aiming to become a sustainable city

In June 2018, Tsukuba City was selected as the only "SDGs Future City" in Ibaraki Prefecture by Japan's Cabinet Office. (There are 93 SDGs Future Cities in Japan as of July 2020.) Cities and areas with high potential to achieve sustainable development through the creation of new value in the economy, society and environment are selected as the SDGs Future Cities. As one of the SDGs Future Cities, Tsukuba City is promoting sustainable urban development based on the "Tsukuba City SDGs Future City Planning". In March 2020, Tsukuba City announced "Sustainable City Declaration" to further realize a sustainable city, following the formulation of revised version of "Tsukuba City Future Vision" which reflected SDGs principles.

Municipal and Prefectural Housing

- The Office of Ibaraki Prefectural Housing Management Center relocated on March 29, 2021.
New address: Tsukuba Office of Ibaraki Prefectural Housing Management Center (Inside Takezono Shopping Center), 3-18-3 Takezono, Tsukuba, 305-0032
Phone number: 029-853-1370 (Management Division) / 029-879-7181 (Facility Division)
- Application for both municipal and prefectural housing will begin in July 2021.
Application period: From July 2 (Friday) to 15 (Thursday). Please note that available properties will be also announced on July 2.
If you wish to apply for municipal or prefectural housing, please come to Ibaraki Prefectural Housing Management Center or the Housing Policy Division on the 3rd floor of Tsukuba City Hall and pick the application form up during the application period. Please note that application documents are accepted at the Ibaraki Prefectural Housing Management Center only, and not at the City Hall.

Tsukuba One-stop Inquiry Desk for Foreign Residents

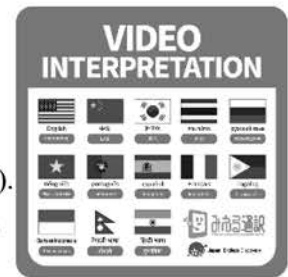
The Inquiry Desk will introduce relevant places and points of contact for any problems you may have (free of charge).

Open hours: Weekdays from 10am to 5pm (closed from 12pm to 1pm for lunch time break).

Available languages are English, Chinese, Korean, Thai, Russian, Vietnamese, Portuguese, Spanish, French, Tagalog, Hindi, Nepali and Indonesian.

Please note that a tablet computer will be used for interpretation and also, note that it is not possible to provide the interpretation service outside Tsukuba City Hall. Your confidentiality is assured at the inquiry desk. You can also inquire by phone in English and Chinese. (Please note that the regular phone charge will be billed.)

Phone: 029-883-1313



Recruitment for "Foreign Students' Representative of Tsukuba"

If you are a student and are interested in translating Tsukuba City's newsletter, as well as talking about your country to children in elementary schools and junior-high schools in the City, please see below and apply!

Job requirements: Persons who meet all the following requirements.

1. The applicant must be registered as a resident in Tsukuba City and the visa status must be: "Student".
2. The applicant must be currently enrolled at a university, graduate school or junior college, and will remain enrolled until the end of the fiscal year. (Excluding students who are just observing lectures.)
3. The applicant must be interested in international exchange and volunteer activities.
4. The applicant must be able to communicate in Japanese.
5. The applicant must be able to use a personal computer according to the job requirements.
6. The applicant must have excellent translation and interpretation skills.

Position is open for the following languages and the number of applicants expected to be hired is indicated in the brackets: English (2), Simplified Chinese (1), Thai (1), Portuguese (2), Spanish (2), Indonesian (1) and Vietnamese (1)

Term: From late July, 2021 to March 31, 2022

At the end of the term, the appointment will be renewed on an annual basis after confirming that the person wishes to continue and meets the requirements.

• **How to apply:** Please fill in the "Application Form for Foreign Students' Representative of Tsukuba" (available on Tsukuba City's official website), attach a photo and required document, and bring it or send it by post to the International Exchange Office on the 5th floor of Tsukuba City Hall.

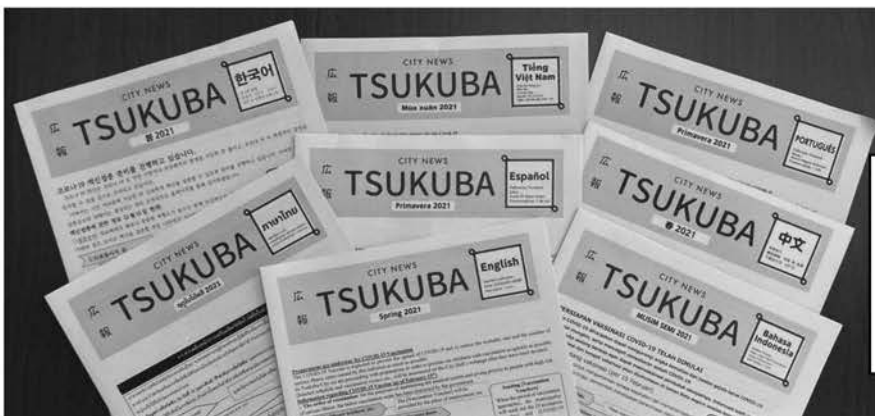
Please make sure to read the "Application Guidelines for Foreign Students' Representative of Tsukuba" carefully which describes application detail.

• **Screening process:** Applicants who pass the application screening will take a translation exam and interview.

Note: The exam and interview will be held at Tsukuba City Hall on June 28 and 29.

• **Application deadline:**

Thursday, June 17, 2021(It must be post-marked by this day).



**If you have questions, please inquire at:
International Exchange Office, Tsukuba
City Hall**

Phone: 029-883-1111 (ext.)5241

