



Hello! SUGINAMI

Suginami City Population
(as of January 1, 2018)
Total population 564,489
Foreign residents 16,352

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:** <http://www.city.suginami.tokyo.jp/>

Moving season is approaching... Don't forget to file the required paperwork

Address changes must be filed at the city office.

◇ Reporting address change, etc. for residence certificates

Ensure that any changes to your address or household are reported within the prescribed time period. The report must be made at a Residents Office or Residents Subsection, Residents Section (East Tower 1F) either by yourself, the head of the household, or a proxy agent bearing a letter of proxy written by yourself.

Refer to Chart 1 for the types of applications and application periods.

Table 1: Notification for the Basic Resident Registry *Please bring your residency card, special permanent resident certificate or other form of identification.

Type of notification	Filing period	Required documents
Tennyu Todoke Notification of moving in (Moving into Suginami City from another municipality)	Within 14 days of moving to a new address	<ul style="list-style-type: none"> Moving out certificate (Tenshutsu Shoumeisho) issued by the mayor of the previous municipality (if moving in from overseas, passports of all household members) Resident card for medium- and long-term residents, special permanent resident certificate for special permanent residents (for all household members) Notification card, Individual number card or Basic resident register card (excluding those moving in from overseas)
Tenkyo Todoke Notification of address change (Moving within Suginami City)	Within 14 days of moving to a new address	<ul style="list-style-type: none"> Health insurance cards, medical certificates, etc., issued by Suginami City (if applicable) Resident card for medium- and long-term residents, special permanent resident certificate for special permanent residents (for all household members) Notification card, Individual number card or Basic resident register card (excluding those moving in from overseas)
Tenshutsu Todoke Notification of moving out (Moving out Suginami City)	Before moving out	<ul style="list-style-type: none"> Health insurance cards, medical certificates, etc., issued by Suginami City (if applicable) Notification card, Individual number card or Basic resident register card (excluding those moving in from overseas)
Setai Henko Todoke Notification of household change (Change in household or head of household)	Within 14 days of the change	<ul style="list-style-type: none"> Health insurance cards, medical certificates, etc., issued by Suginami City (if applicable)
Notification of change of relationship with head of household	Within 14 days of the change	<ul style="list-style-type: none"> Official document showing the relationship with the head of household
Notification of becoming a medium- or long-term resident	Within 14 days of becoming a medium- or long-term resident	<ul style="list-style-type: none"> Resident card for medium- and long-term residents, special permanent resident certificate for special permanent residents (for all household members) Passport (if applicable)



◇ Real-time updates on the congestion situation at the Residents Section counter (1F, Suginami City Office)

You can check the congestion situation and status of completion for the issuance of documents through the section on information about inquiry/submission counters (use the QR code below or the URL: <http://www14.voicecall.jp/vcneo/index.php?sid=10031135152>) on the Suginami City website, via your smartphones, mobile phones, and computers. Use this information to decide when to visit the City Hall, or when you wish to find out the estimated time required (Available in Japanese only).



◇ Visit the conveniently located Residents Offices for filing

There is an increase in the number of people moving in March and April caused by those starting work in new workplaces. The counters at the main city office are expected to be extremely busy.

The six Residents Offices around the city are able to accept applications for moving in and out of the city as well as other accompanying paperwork, and issue copies of residence certificates and seal registration certificates. In order to avoid over-crowding, please utilize the Residents Office close to you.

If you are unable to speak Japanese, the process will be facilitated if you visit us with someone who can.

Filing and inquiries *Excludes Sundays and public holidays.

Contact	Phone	Address	Monday-Friday	Weekly evenings and Saturday
Residents Subsection, Residents Section	03-3312-2111	1F City Hall East Tower, 1-15-1 Asagayaminami	8:30am-5:00pm	9:00am-5:00pm every 1st, 3rd and 5th Saturday
Igusa Residents Office	03-3394-0461	4-30-2 Shimoigusa		5:00pm-7:00pm every Wednesday
Nishiogi Residents Office	03-3301-0980	4F Matsuoka-nishiogi Building, 2-2-1 Nishiogikita		
Kōenji Residents Office	03-3317-6560	1F Sesión Suginami, 1-22-32 Umezato		
Takaido Residents Office	03-3333-5395	2F Keio Retnade Takaido, 2-1-26 Takaidonishi		
Eifukuizumi Residents Office	03-5300-9310	3F Eifukuizumi Community Hall, 3-8-18 Izumi		
Ogikubo Residents Office	03-3392-8846	2F Integral Tower, 1-2-1 Kamiogi		

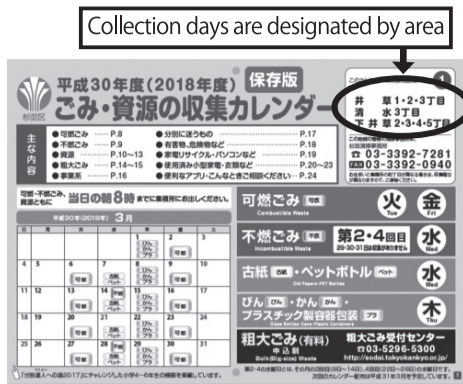
Garbage and Recycling Collection Calendars will be distributed to your mailboxes

The 2018 version of the Garbage and Recycling Collection Calendar (Japanese) to help you understand how to separate and put out garbage and recyclables will be distributed to all households (and business office) mailboxes (including apartment building mailboxes).

Please take this opportunity to review your garbage and recycling sorting methods and ensure you are following all of the guidelines.

The booklet "Sorting and Putting Out Garbage and Recyclables" is available in several languages (Chinese, Korean and English) by calling the numbers below or visiting the Residents Subsection, Resident Section (1F City Hall East Tower), Resident Offices, Miyamae Library (5-5-27 Miyamae) and the service corner of Sakura Josui Kita Library (1-24-15 Shimotakaido).

[Contact] Garbage Reduction Countermeasure Section, Sugunami Waste Collection Office **[Phone]** 03-3392-7281
Sugunami Waste Collection Office Hōnan Branch **[Phone]** 03-3323-4571



Why not join us in learning about the environment?

To foster greater interest in environmental issues, garbage and recycling, the Sugunami Waste Collection Office offers sessions for learning about the environment.

Through the sessions, participants can have fun learning about the importance of garbage separation and recycling together with staff from the Sugunami Waste Collection Office. Simple explanations are also provided for non-Japanese participants.

Participants may also get the opportunity to experience garbage collection outdoors if a spacious area is available.

Please consult with the Sugunami Waste Collection Office about the contents and time of the sessions.

[Contact] Sugunami Waste Collection Office **[Phone]** 03-3392-7281. Hōnan Branch of the Sugunami Waste Collection Office **[Phone]** 03-3323-4571



For Guardians of Children Attending International Schools

Sugunami City offers subsidies to reduce the burden of school fees and other related expenditures for guardians of children attending international schools.

[Eligibility] Applicants must fulfill all the following eligibility criteria:

1. Have children at the age for receiving compulsory education, who are attending international schools accredited under the School Education Act.
2. The children and guardians must have a residential address registered in Sugunami City, and be living in the same household.
3. The children, or the father or mother of the children, cannot be of Japanese nationality.
4. The guardians are paying for the school fees.
5. For guardians with a higher income, the amount obtained by deducting the deductions listed in Table 2 from the income (*) in 2016 (January to December) must be below the income cap listed in Table 1.

* "Income" refers to the amount after deduction for employment income declared in the record of withholding income tax for those with only employment income, and the amount of income declared in the final tax returns for those who have submitted final tax returns.

[Amount of subsidy] 7,000 yen per month × No. of months enrolled in the school

[Application period] Portion of subsidy for second semester (October to March) – Until February 28

[Application method] Application method varies depending on the school. Please inquire for details.

*Please check with your child's school to find out if it is an international school accredited under the School Education Act.

[Contact] General Affairs Subsection, Management Section, General Affairs Division

Table 1: Income cap

No. of dependents (based on tax laws)	Income cap
0	6.22 million yen
1	6.60 million yen
2	6.98 million yen
3	7.36 million yen
4 or more	Thereafter, increase of 380,000 yen per dependent

*Add 60,000 yen per person to the income cap for spouses who are eligible for deductions for the elderly, or elderly dependent relatives.

Table 2: Amount of deductions from income

Category of deduction	Amount of deduction
Uniform deduction	80,000 yen
Deduction for working students	270,000 yen
Deduction for widows/widowers	270,000 yen
Special deduction for widows	350,000 yen
Deduction for persons with disabilities (per person)	270,000 yen
Special deduction for persons with disabilities (per person)	400,000 yen
Deduction for contributions such as miscellaneous, medical expenses, mutual aid for small-scale enterprises	Equivalent amount of deductions

Announcement from Sugunami Association for Cultural Exchange

Foreign residents are welcome to join Sugunami Association for Cultural Exchange (SACE), which organizes many fun events to facilitate exchanges among Japanese and foreign residents. Please come and join us!

Japanese Speech Contest: Call for Audience

Foreign residents will speak about their experiences in Japan and about their home countries in Japanese. Please join us. On the day, performances of Tsugaru-jamisen and Japanese taiko drums will also be held. There will also be speeches and a dance by Nepalese children.

[Date and time] 1:30pm-5:00pm, Saturday, March 3

[Location] Za Koenji Public Theater (2-1-2 Koenji-Kita)

[Description] Performances – Taichi Hikida (Tsugaru-jamisen), Takayuki Hashiguchi (Japanese taiko drums), Yuta Kanazashi (Japanese taiko drums)

[Capacity] 200 seats (in order of application)

[Cost] Free of charge

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



▲ Taichi Hikida

▲ Takayuki Hashiguchi

▲ Yuta Kanazashi

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.

Support Desk for Foreign Residents

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

[Date and time] Every Monday and Friday, 9:00am-12:00pm, 1:00pm-4:00pm (excluding national holidays and year-end/New Year holidays)
Public Hearing Section (1F East Building, Sugunami City Office)

[Location]

[Languages]

(1) English: Every Monday 1:00pm-4:00pm, every Friday 9:00am-12:00pm

(2) Chinese: Every Monday 9:00am-12:00pm, every first, third, and fifth Friday 1:00pm-4:00pm

(3) Korean: Every second and fourth Friday 1:00pm-4:00pm

[Consultation methods] Visit to the Sugunami City Office in person/Telephone (Public Hearing Section (1F East Building, Sugunami City Office. Extension: 1129))/In writing (By post, fax, or e-mail)

[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] http://www.suginami-kouryu.org/

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

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

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

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

[Location] Public Hearing Section (1F East Building, Sugunami City Office (Extension: 1129))

[Other] Consultation services are also available via phone.

Medical Consultation Service Counters

Tokyo Metropolitan Medical Consultation Service Center

Tokyo Metropolitan Medical Institution Information "Himawari"

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 **[Phone]** 03-5285-8181

The website allows you to search for medical institutions close to an address or station.

[English website] http://www.himawari.metro.tokyo.jp/qq/qq13enmnl.asp

Sugunami 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.

Sugunami City Holiday and Nighttime Emergency Treatment Center

[Phone] 03-3391-1599 **[Address]** Sugunami 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

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

Sugunami City Emergency Medical Information Center

Information on medical institutions and medical consultation available.

[Phone] #7399 or 03-5347-2252 **[Hours]** Monday to Friday: 8:00pm-9:00am following day Saturdays, Sundays, public holidays, year-end and New Year holidays: 9:00am-9:00am following day



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引っ越しの季節を迎えます～届け出や手続きをお忘れなく

引っ越しで住所が変わった場合などは、区役所への届け出が必要です。

◇住民票の住所変更などの届け出

住所や世帯に変更があった場合は、届け出期間内に届け出てください。届け出は本人か世帯主または本人が記載した委任状を持参した代理人が、区民事務所、区民課区民係（区役所東棟1階）で行ってください。

届け出の種類や期間については、表1をご覧ください。

表1 住民基本台帳の届け出 ※届け出の際は本人確認のため、在留カードまたは特別永住者証明書等をお持ちください。

届け出の種類	届け出期間	届け出に必要なもの
転入届 (新たに杉並区に引っ越ししてきた場合)	新しい住所に住み始めてから14日以内	<ul style="list-style-type: none"> 旧住所地の区市町村長が発行した転出証明書（国外から転入した方は、転入する方全員分のパスポート） 中長期在留者は在留カード、特別永住者は特別永住者証明書（転入する方全員分） 通知カードまたは個人番号カード、住民基本台帳カード（国外から転入した方は除く）
転居届 (杉並区内で引っ越しした場合)	新しい住所に住み始めてから14日以内	<ul style="list-style-type: none"> 杉並区発行の保険証や医療証など（持っている方のみ） 中長期在留者は在留カード、特別永住者は特別永住者証明書（転居する方全員分） 通知カードまたは個人番号カード、住民基本台帳カード
転出届 (杉並区外に引っ越しする場合)	転出を予定している日まで	<ul style="list-style-type: none"> 杉並区発行の保険証や医療証など（持っている方のみ） 通知カードまたは個人番号カード、住民基本台帳カード
世帯変更届 (世帯や世帯主の変更があった場合)	変更があつてから14日以内	<ul style="list-style-type: none"> 杉並区発行の保険証や医療証など（持っている方のみ）
世帯主との続柄の変更があった場合の届け出	変更があつてから14日以内	<ul style="list-style-type: none"> 世帯主との続柄を証明する公的な文書
中長期在留者等になった場合の届け出	中長期在留者等になってから14日以内	<ul style="list-style-type: none"> 中長期在留者は在留カード、特別永住者は特別永住者証明書（該当する方全員分） パスポート（持っている方のみ）



◇区役所1階区民課窓口の混雑状況をリアルタイムでお知らせしています

区ホームページで、混雑の状況や書類発行の完成状況が、スマートフォン・携帯電話・パソコンで、受付・交付窓口情報案内（下記QRコードまたは<http://www14.voicell.jp/vcneo/index.php?sid=10031135152>）から確認できます。来庁日時の検討や、所要時間の目安を知りたいときにお役立てください（日本語のみ）。



◇届け出・手続きにはお近くの区民事務所が便利です

3・4月は、就職や転勤などで引っ越しする方が増え、区役所本庁舎の窓口は大変混み合います。

区内6カ所にある区民事務所でも転入・転出などの住所の届け出とそれに伴う各手続き、住民票の写し、印鑑登録証明書などの発行を行っています。混雑を避けるためにも、お近くの区民事務所をご利用ください。

また、日本語が話せない方は、日本語を話せる方と一緒に窓口にお越しいただくと、手続きがスムーズです。

問い合わせおよび受け付け窓口 ※いずれも、日曜日、祝日を除く。

窓口	電話	所在地	月～金曜日	平日夜間・土曜日
区民課区民係	03-3312-2111	阿佐谷南1-15-1区役所東棟1階	午前8時30分 ～午後5時	第1・3・5土曜日、午前9時～午後5時
井草区民事務所	03-3394-0461	下井草4-30-2		毎週水曜日、午後5時～7時
西荻区民事務所	03-3301-0980	西荻北2-2-1松岡西荻ビル4階		
高円寺区民事務所	03-3317-6560	梅里1-22-32セッション杉並1階		
高井戸区民事務所	03-3333-5395	高井戸西2-1-26京王リトナード高井戸2階		
永福和泉区民事務所	03-5300-9310	和泉3-8-18永福和泉地域区民センター3階		
荻窪区民事務所	03-3392-8846	上荻1-2-1インテグラルタワー2階		

ごみ・資源の収集カレンダーを直接ポストへ配布

ごみ・資源の分け方・出し方を分かりやすくお知らせする2018年度版「ごみ・資源の収集カレンダー」(日本語版)を全世帯(事業所を含む)のポスト(マンション・アパートの各部屋のポストを含む)へ直接投函します。

これを機会に、もう一度ごみ・資源の分別をご確認の上、正しい分別にご協力ををお願いします。

外国語版「ごみ・資源の分け方・出し方」(中国語・韓国語・朝鮮語、英語)は、下記の問い合わせ先のほか、区民課区民係(区役所東棟1階)、区民事務所、宮前図書館(宮前5-5-27)、桜上水北図書館サービスコーナー(下高井戸1-24-15)で配布していますので、ご利用ください。

【問い合わせ】ごみ減量対策課、杉並清掃事務所

【電話】03-3392-7281、

同事務所方南支所【電話】03-3323-4571



環境学習に参加しませんか

ごみや環境問題、リサイクルに関心を持ってもらうために、杉並清掃事務所では環境学習を実施しています。

ごみの分別やリサイクルの大切さを清掃職員と一緒に楽しく勉強できます。外国人の方にもわかりやすく説明します。

屋外で広い場所があれば収集体験もできます。

内容、時間などはご相談ください。

【問い合わせ】杉並清掃事務所
【電話】03-3392-7281、
同事務所方南支所
【電話】03-3323-4571

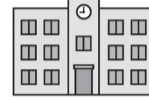


外国人学校に通学する児童生徒の保護者の方へ

区では、外国人学校に通学する児童生徒の保護者に、授業料などの負担を軽減するために補助金を交付しています。

【要件】次の全てを満たす必要があります

- ① 学校教育法に基づく認可を受けた外国人学校に、義務教育年齢に該当する児童生徒を通学させている
- ② 児童生徒および保護者が区内に住所を有し、同一世帯である
- ③ 児童生徒または児童生徒の父もしくは母が、日本国籍を有していない
- ④ 授業料を納付している
- ⑤ 保護者のうち、所得金額が高い方の28年中(1~12月)の所得金額(※)から、表2で該当する控除額を差し引いた後の金額が、表1の限度額未満である



※所得金額とは、給与所得のみの方は源泉徴収票の「給与所得控除後の金額」欄、確定申告をした方は確定申告書の「所得金額」欄の金額です。

【補助金額】月額7000円×学校の在籍月数

【申請時期】下期(10~3月)分=2月28日まで

【申請方法】学校により申請方法が異なります。詳細は、区民生活部管理課庶務係までお問い合わせください

※学校教育法に基づく認可を受けた外国人学校かどうかは、通学している学校に確認してください。

【問い合わせ】区民生活部管理課庶務係

表1 限度額

扶養人数(税法上)	限度額
0人	622万円
1人	660万円
2人	698万円
3人	736万円
4人以上	以下1人増すごとに38万円加算

※老人控除対象配偶者または老人扶養親族は、限度額に1人につき6万円加算します。

表2 所得金額からの控除額

控除の種類	控除額
一律控除	8万円
勤労学生控除	27万円
寡婦・寡夫控除	27万円
特別寡婦控除	35万円
障害者控除(1人につき)	27万円
特別障害者控除(1人につき)	40万円
雑損・医療費・小規模企業共済等掛金控除	控除相当額

杉並区交流協会のお知らせ

杉並区交流協会では、外国人の方が気軽に参加でき、日本人をはじめ多くの外国人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。

◇日本語スピーチ大会 観覧者募集

日本で暮らしている外国人の方が感じたこと、体験したこと、出身国のことなどについて日本語で発表します。お気軽にご参加ください。当日は津軽三味線と和太鼓の演奏も行います。ネパールの子どもたちによるスピーチ・ダンスもあります。

【日時】3月3日(土)午後1時30分~5時

【場所】座・高円寺(高円寺北2-1-2)

【内容】出演=匹田大智(津軽三味線)、橋口隆之(和太鼓)、金刺由大(和太鼓)

【募集人数】200名(申込順)

【費用】無料

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



▲匹田大智



▲橋口隆之



▲金刺由大

◇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をぜひご覧ください。

杉並区交流協会の主催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をサポートします。英語・中国語・韓国語に対応しています。お気軽に窓口までお越しください。

【日時】毎週月・金曜日午前9時~正午、午後1時~4時(祝日、年末年始を除く)

【場所】区政相談課(区役所東棟1階)

【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

【相談方法】来所・電話(区政相談課〈区役所東棟1階・内線1129〉)
・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】http://www.suginami-kouryu.org/

【Facebook】http://www.facebook.com/suginami.kouryu

【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〈内線1129〉)

【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

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・スペイン語に応じます。

【相談日時】毎日午前9時~午後8時

【電話】03-5285-8181

東京都医療機関案内サービス「ひまわり」

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。

【英語版ホームページ】http://www.himawari.metro.tokyo.jp/qq/qq13enmnl.asp

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