



Hello! SUGINAMI

Suginami City Population (as of March 1, 2019)	
Total population	569,263
Foreign residents	17,729

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/>

In Preparation for Massive Earthquakes

In order to protect yourself and your family, ensure you are prepared for disasters by communicating emergency contact information and checking evacuation sites and Earthquake Relief Camp.

What to do during an earthquake

◆ Ensure your physical safety

The priority is to protect yourself from falling objects, for example by hiding under a table. Protect your head and wait until shaking stops. If you are outdoors when you feel the shaking, protect your head with your bag or other item and do not go near anything that may fall, such as brick walls.

What to do immediately after an earthquake

◆ Check sources of fire

When the shaking stops, check sources of fire. Close off the gas main. When evacuating, shut off the electricity breaker to prevent electric fires from occurring when electricity service resumes.

After an earthquake

◆ Confirm the safety of family members and neighbors

When the shaking stops, shout loudly to check each other's safety

◆ Beware of aftershocks

After an especially serious earthquake there is a high probability of an aftershock following the initial earthquake, which may cause further damage to homes and buildings loosened after the first shake.

◆ Gather accurate information

During a disaster, there may be confusing or conflicting information. Use battery-operated portable radios or TVs or mobile phones to gather accurate information.

Suginami City has also created a smartphone app called "Sugi Navi" to help prepare for a possible large-scale disaster, such as an earthquake occurring directly below the city itself. It can be used as a typical map application normally, but can also display useful information about available evacuation centers and safe evacuation routes if a disaster occurs.

The app also supports English (if your smartphone's language is set to English), so why not download it if you have a smartphone?



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
- 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 or use the QR code provided on the right to register.



[Contact] Communication Officer, Disaster Prevention Section

Preparing for an earthquake

◆ Determine where to meet your family and how to communicate

Plan with your family in advance to decide where you will meet and how you will contact each other in the event of an emergency.

◆ Check the location of the Earthquake Relief Camp

Public elementary and middle schools, etc. are the designated Earthquake Relief Camp (site of evacuation and rescue) for the city. Japanese and English versions for disaster mitigation maps can be used to check where the earthquake relief camps are located. The maps are distributed in the Disaster Prevention Section (6F West Building, Suginami City Office). They can also be viewed on Suginami City's website.

◆ Participate in earthquake training

The Earthquake Relief Camp hold earthquake training mainly between September and November. Participate in training to understand the role of the Earthquake Relief Camp and how to handle various equipment.

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

After an earthquake, 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.

◆ Stockpile water, food and essentials for daily life

Each home should prepare water and food (At least 3 days' worth, 3L/person/day), emergency toilets (sanitation kits) and other essentials. For smooth evacuation, prepare a bag that keeps your hands free, such as a rucksack, packed with supplies (emergency food, daily sundries, radio, flashlight, medication, etc.) and a pair of shoes that are easy to walk in.

The city provides emergency supplies for purchase. For details, refer to the "Guide to Emergency Supplies Service (Bosai Yohin Assen no Goannai)" available at the Suginami City Office, Residents Office, Community Halls, City Hall and other locations.

◆ Prevent furniture and other items from falling

Falling furniture or shattering glass during an earthquake can hurt you not only by directly hitting you. There are many dangers, such as broken glass hurting you as you step on it, or objects becoming obstacles during evacuation or causing fire. Take the necessary safety measures at home, for example by using tools to secure furniture.

[Contact] Disaster Prevention Section



Please use the "Suginami Waste Disposing Application" for smartphones

The app is compatible with English, Chinese, Korean/North Korean, Nepalese, Vietnamese, and Filipino. It contains convenient information about garbage collection days, how to sort garbage and recyclables, and how to place items out for disposal, allowing you to search either from the name of the item or its type. Please use this free of charge.

● Download the app here:



◀ Android



◀ iOS

[Contact] Suginami Waste Collection Office
[Phone] 03-3392-7281



To National Health Insurance policyholders

◆ Insurance premium rates have been set

The FY2019 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 2019 to March 2020, calculated based on 10 payments from June 2019 to March 2020. Insurance premiums for April and May will be apportioned and added to payment deadlines from June onwards.

Those who are covered by their workplace's health insurance or who are covered by their family's health insurance (as a dependent) have to complete procedures to withdraw from National Health Insurance. Please inquire for details.

<FY2019 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	12,300 yen per year	15,600 yen per year
Income basis	Standard amount of taxation (*) × 7.25%	Standard amount of taxation (*) × 2.24%	Standard amount of taxation (*) × 1.78%
Maximum amount	610,000 yen	190,000 yen	160,000 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
Examinations are available for residents 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 every Tuesday and Friday, April 19 to July 12, 2019 (Excluding April 30, May 3, 17 and 31. Total: 21 sessions)

[Location] Sesi6n Sugunami

[Instructors] Members of Nihongo Gakushu Sugunami no Kai

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

[Cost] 2,000 yen per month × 3 months (text fees extra)

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

By mail: Write the information above on a postcard and mail to the Lifelong Education Center in care of Sesi6n Sugunami at 1-22-32 Umezato, 166-0011

Application deadline: Applications must be received by April 15, 2019.

[Other] Childcare available for children 1 to 6 years old not attending school yet (by advanced registration only). Interviews will be held at the Sesi6n Sugunami from 6:30 pm on Tuesday, April 16, 2019 in order to determine the correct levels for all applicants. New students are also accepted as required after lessons begin.

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

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.

◆ 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.

◆ Welcome Party

We are holding a Welcome Party to provide an opportunity for friendly exchange between foreign residents and Japanese residents of Sugunami City. We will make rice balls from disaster prevention rice (Alpha rice) together, experience disaster prevention drills, smoke evacuation drills, and fire extinguishing drills and learn how to correctly separate waste in cooperation with the Sugunami Disaster Prevention Section, Sugunami Waste Collection Office, and Sugunami Fire Department.

[Date and time] 10:30 am–3:00 pm, Saturday, May 18

[Location] Sugunami Dai-ichi Elementary School (1-5-27 Asagaya Kita)

[Capacity] 50 foreign participants, 50 Japanese participants (in order of application)

[Fee] 100 yen (for insurance)

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



◆ 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, Korean and Nepali. Please feel free to contact the Support Desk for assistance.

[When / 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 9:00am–12:00pm

* Closed on national holidays and year-end/New Year holidays.
Public Hearing Section (1F East Building, Sugunami City Office)

[Location] 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@sugunami-kouryu.org

[Website]

http://www.sugunami-kouryu.org/



[Facebook]

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



◆ Foreign Resident Consultation Services ◆

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

[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)

[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]** 9:00am–8:00pm every day **[Phone]** 03-5285-8181

Tokyo Metropolitan Medical Institution Information "Himawari"

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)

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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大地震に備えましょう

自分や家族を守るために、災害時の連絡方法や自宅近くの震災救援所などの避難場所を確認するなど、日頃から災害の発生に備えておきましょう。

地震が起きたら

◇まずは身の安全を守る

テーブルの下に隠れるなど、落下物から身を守ることが最優先です。特に頭部を保護し、揺れが収まるまで様子を見てください。屋外で揺れを感じたときも、頭部をかばんなどで保護し、ブロック塀など倒れるおそれがあるものには近づかないようにしましょう。

地震の直後

◇火の元を確認する

揺れが収まったら、火の元を確認をしてください。ガスの元栓は閉めましょう。また、避難する際には電力復旧に伴う通電火災防止のために、必ず電気のブレーカーを切っておきましょう。

地震後の注意点

◇家族や隣人の安否を確認する

揺れが収まったら、大きな声を出してお互いに安否を確認し合います。

◇余震に注意する

特に大きな揺れの場合、最初の揺れが収まってからも揺れが起こる可能性が高く、最初の揺れで破損した家屋などが崩壊する被害も予想されます。

◇正しい情報を収集する

災害時には情報が錯綜します。乾電池式の携帯ラジオやテレビ、携帯電話などで正確な情報を収集しましょう。また、区では首都直下地震などの大規模災害に備え、スマートフォン向け防災地図アプリ「すぎナビ」を作成しました。通常時に地図アプリとして使えるだけでなく、発災時には避難所の開設状況や安全な避難経路などの有益な情報も入手できます。端末の言語設定で英語にも対応していますので、スマートフォンをお持ちの方はぜひダウンロードしてご活用下さい。



日頃から災害に備える

◇家族と落ち合う場所や連絡方法を決める

災害時に集まる場所やお互いの連絡方法について、家族で話し合っておきましょう。

◇震災救援所の場所を確認する

区では、区立小中学校等が震災救援所(避難・救援の拠点)となっています。防災マップ(日本語版・英語版)で、どこにあるのか確認しておきましょう。防災マップは、防災課(区役所西棟6階)で配布。区ホームページからもご覧になれます。

◇震災訓練に参加する

9~11月を中心に、各震災救援所で震災訓練を実施しています。訓練に参加して、震災救援所の役割や配置資器材の取り扱い方法を理解しておきましょう。

◇災害用伝言板等の使い方を確認する

地震が起きたときは、電話がつながりにくくなります。NTTの災害用伝言ダイヤル(電話171)や携帯電話各社の災害用伝言板を活用しましょう。また、SNSなど複数の連絡手段を確保しておきましょう。

◇水・食料・生活必需品を備蓄する

水・食料(最低3日分。水は1人1日3ℓが目安)、簡易トイレなどを各家庭で備えておきましょう。また、避難がスムーズに行えるように持ち出し品(非常食や生活用品・ラジオや懐中電灯・常備薬など)を、避難時に両手が使えるようリュックサックなどにまとめて、歩きやすい靴と一緒に準備しておきましょう。

区では、防災用品のあっせんを行っています。詳細は、区役所、区民事務所、地域区民センター、区民集会所、図書館、消防署に置いてある「防災用品あっせんのご案内」をご覧ください。

◇家具類の転倒防止対策をする

地震で家具が倒れたり、ガラスが飛び散ったりすると、直接当たってけがをするだけでなく、割れたガラスを踏んでけがをしたり、避難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の安全対策をしましょう。

【問い合わせ】防災課



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英語で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

- 「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
- 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、または右2次元コードからも登録できます。



【問い合わせ】防災課情報通信担当

スマートフォンアプリ マスター「なみすけのごみ出し達人」をご利用ください

英語、中国語、韓国語・朝鮮語、ネパール語、ベトナム語、フィリピン語に対応しています。収集曜日を確認したり、ごみ・資源の分け方・出し方などが品名や分別種類の両方から調べることができる便利なアプリです。ぜひ、ご利用ください。

●ダウンロードはこちらから



◀ Android版



◀ iOS版

【問い合わせ】杉並清掃事務所 03-3392-7281



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

2019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。2019年4月～2020年3月の12カ月分の保険料を、2019年6月期から2020年3月期の10回でお支払いいただくよう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。

また、職場の健康保険等に加入したときや、ご家族の健康保険の扶養になった方は、国民健康保険の脱退手続きが必要です。詳細は、お問い合わせください。

〈2019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1万2300円	年額1万5600円
所得割	賦課標準額(※) × 7.25%	賦課標準額 × 2.24%	賦課標準額 × 1.78%
最高限度額	61万円	19万円	16万円

※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



杉並区交流協会のお知らせ

杉並区交流協会では、外国人が気軽に参加でき、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。

◇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が掲載されています。

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ています。登録はホームページからできます。

◇ウエルカムパーティー【Welcome Party】

外国人と区内に住む日本人で交流を深めます。参加者全員で防災米(アルファ米)のおにぎりを作り、区防災課、杉並清掃事務所、杉並消防署の協力で、煙避難体験、消火体験などの防災訓練やごみの分別方法を学びます。

【日時】5月18日(土)午前10時30分～午後3時

【場所】杉並第一小学校(阿佐谷北1-5-27)

【定員】外国人50名、日本人50名(申込順)

【費用】100円(保険料)

【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



◇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。

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歳の区民の方のうち、職場などで健診を受ける機会のない方	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19日～7月12日の毎週火・金曜日、午後6時30分～8時30分
(4月30日、5月3日・17日・31日を除く。計21回)

【場所】セシオン杉並 【対象】区内在住・在勤・在学の方

【講師】にほんご学習すぎなみの会 【費用】1カ月2,000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"suginamihongo@gmail.com"。またははがきに講座名・郵便番号・住所・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15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16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 suginamihongo@gmail.com 電話090-7212-7909

◇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・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】

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



【Facebook】

https://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)

【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

案内サービス「ひまわり」

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