

# Requests from Kanazawa City

## Precautions for Your Vaccination

— Please Follow These Instructions for an Easier Vaccination Visit —

### ● How to Make an Appointment (Appointments are always required beforehand)

**TEL** Call Center: (076) 213-5670

#### Make an Appointment Directly at a Medical Institution

- \* If you have a chronic disease, make sure to contact the doctor you see for that disease to ask if the vaccine is safe for you.
- \* You cannot make appointments at multiple medical institutions at the same time.
- \* Please check the Corona Vaccine Navi website for a list of medical institutions offering the vaccination.

### ● What to Wear

This is an injection into the muscles in your **upper arm**.

Please wear clothes that make it **easy to uncover your upper arm.**

(Examples) short-sleeved T-shirts, tank tops, easy-to-remove shirts, cardigans, jackets, etc.

### ● What to Bring With You

Be sure to bring the following documents. You can't receive your vaccine without them.

What to Bring With You	
(1) Vaccination Tickets	
(2) Preliminary examination form (filled in)	
(3) Personal ID (driver's license, health insurance card, etc.)	
(1) and (2) are included with this notice.	

\* If the address registered on your residence certificate (*juminhyo*) is now outside Kanazawa City because you moved, you cannot use the vaccination tickets included with this notice. Please contact your local government office, where the address registered on your residence certificate is located.

\* The vaccination is provided for **free**.

### ● Second Vaccination

There are currently plans for three different vaccines, and **you must receive two injections of the same type.** **The length of time between the first and second injection varies** by type of vaccine.

Because of this, **try to receive both vaccine injections at the same medical institution** if possible, to make sure that your vaccine is handled correctly.

When making **your second appointment, make sure to tell the medical institution:**

- **Which type of vaccine your first injection was**
- **The date of your first vaccine injection**

#### Inquiries

Kanazawa City COVID-19 Vaccine Call Center    Hours: 9:00 to 17:45 on weekdays  
Tel.: (076) 213-5670    Fax: (076) 265-1452  
Email: kanazawa5670@circus.ocn.ne.jp

Information  
for foreign residents ▶



(This notice is accurate as of March 2021. Specific details may have changed since then.)

# The Vaccination Process

## STEP 0

### Make an Appointment

- You need to make an appointment beforehand. You cannot receive the vaccine without an appointment.
- When making an appointment for your second injection, be sure to tell the medical institution the type and date of your first injection.
- If you have a chronic disease, **make sure to contact the doctor you see for that disease to ask if the vaccine is safe for you.** You may not be able to receive the vaccine if you do not check with your doctor first. (The preliminary examination form has a response section.)

## On the Day of Your Vaccination

## STEP 1

### At Home

- Check your body temperature at home. If you have an obvious fever or feel ill, **do not come in for vaccination.**
- Wear clothes that will make it easy to uncover your upper arm.
- Fill in the preliminary examination form. (To make your visit faster and easier, make sure to fill this in before you come.)
- As a precaution against spreading disease, make sure to wear a mask, and come in at your appointment time.

## STEP 2

### Reception

- Show your vaccination tickets, preliminary examination form (filled in), and personal ID.
- Vaccination tickets (with the backing paper attached — **do not peel off the stickers or tear apart.**)
  - Preliminary examination form (filled in)
  - “My Number” card and other personal ID (driver's license, health insurance card, etc.)

## STEP 3

### Preliminary Examination

Determine if you can receive the vaccine, based on a doctor visit and examination.

## STEP 4

### Injection

- Injection with the vaccine.
- You will be given a vaccination certificate (the vaccination tickets included with this notice will be used for the vaccination certificate; please store it with care — do not tear it apart or remove the backing paper).

## STEP 5

### Follow-up

**After vaccination, you must stay for 15–30 minutes for follow-up. Wait and rest, to make sure there are no problems.**

(Specific details may vary by where you receive your vaccination.)