

To Anyone Entering/Returning to Japan Who Is Required to Quarantine

Requirements During Designated Quarantine Period

During quarantine period

During your stay

- Self-isolate at your accommodations (home or registered location of isolation), and do NOT come into physical contact with others.
- Report your location and health condition daily as pledged.
- Practice precautions against infection: Use mask, sanitize hands, avoid the “3Cs” (closed spaces, crowds, close contact).

* While you are in quarantine, the Health Monitoring Center for Overseas Entrants (HCO) will follow up with you via the Health and Location Monitoring App (MySOS).

* If you develop symptoms, contact the local Public Health Office, etc.

Ongoing • From the Health Monitoring Center for Overseas Entrants (HCO)

1. Confirm Location and Report Health condition via MySOS

1) Report your current location

- You will receive a notification multiple times a day asking for your “current location information.”
- Respond by tapping the “I’m Here!” button.

3) Report your health condition

- Once each day you will receive a notification asking you to “Report health condition.”
- Follow its instructions to report your health condition.

2) Respond to video calls

- Answer video calls from the Health Monitoring Center for Overseas Entrants (HCO) to confirm that you are at your registered quarantine location



IMPORTANT:

You MUST answer incoming HCO video calls.

If you do not have MySOS installed when you enter Japan

2. Register with MySOS

1) Account registration (first time you use the app)

- Install app using **exclusive QR code**
- When you arrive at the airport in Japan, register your passport number and date of birth

2) Register your quarantine location

- When you arrive at your quarantine location, register it via MySOS



Recommended apps

Use of COVID Contact Confirming App (COCOA)

App to notify you of possible contact with a person who is COVID-19 positive.



(For more information)

Health Monitoring Center for Overseas Entrants (HCO)

Website:

www.hco.mhlw.go.jp/en/

E-mail:

followup@hco.mhlw.go.jp

Phone:

03-6757-1038

Due to heavy call volume, we strongly encourage you to use e-mail.



Anyone who violates the written Pledge (failing to report health condition or location, etc.) without a valid reason may have their name publicly disclosed, as well as other information necessary to help prevent the spread of infection. Foreign nationals may be subject to revocation of their status of residence and deportation under the Immigration Control Act.

You can install the app from this QR code.

When you enter Japan, the airport quarantine will check to ensure the apps are installed.

If you have no smartphone (or have one that cannot install the apps) you will be required to rent one at the airport when you enter Japan, at your own expense.

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Install MySOS

This app is required to report your location and health condition. It is also required to answer video calls from the HCO to verify your location.

【Exclusive QR code】



<https://mysosp.page.link/sfY2kRrviv4t4eFy7>

※ Install from this link or QR code

Tap "YES" when a pop-up screen asks "Do you use MySOS for the purpose of entering or returning to Japan?"

<Entrants to Japan Mode>



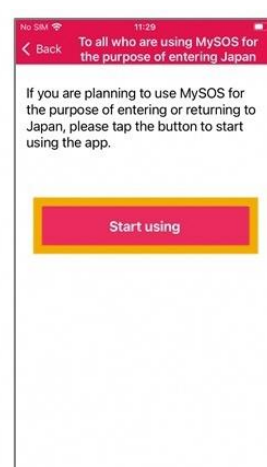
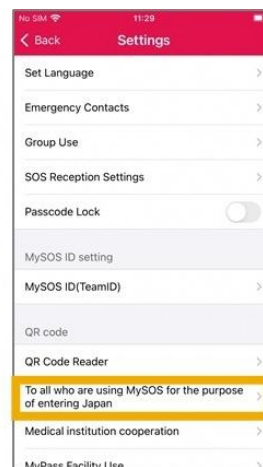
If the MySOS Screen Does Not Appear

If the Entrants to Japan Mode did not appear, you follow these steps to get to that mode.

- The screen on the right is showing Normal Mode.

- ① Tap the settings icon (gear at top right)
- ② Tap "To all who are using for the purpose of entering Japan"
- ③ Tap "Start using"

<Normal Mode>



Required operating system (OS) versions:

iPhone: iOS 13.5 or later. Android: Version 6.0 or later.

※ Updating your device might take a few hours.

Please check your device's OS version prior to your flight to Japan.

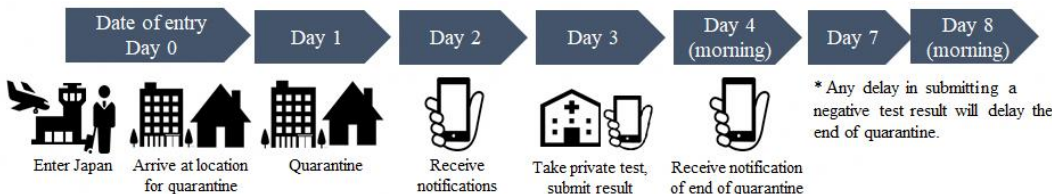
Action checklist during your designated quarantine period



The day of arrival is not included in the quarantine period

Country category, situation

Note: If you stayed in more than one country prior to entering Japan, procedures for the highest risk country will apply.
Note: Only vaccine manufacturers and types that are approved by the Government of Japan are eligible.



Country

Yellow

Have vaccination certificate (3rd dose)? **No**
Negative test result certificate (tested less than 72 hours before departure): **Accepted**

Country

Red

Have vaccination certificate (3rd dose)? **Yes**
Negative test result certificate (tested less than 72 hours before departure): **Accepted**

You must quarantine at home/accommodations

Shortest schedule



Home accommodations



Follow-up

Notification on day before you can take test

Private vehicle etc.

Take private test Submit result

Notification of end of quarantine



※ If certificate of negative test result is not submitted, quarantine is 7 days.
*Use transportation other than public transport, such as private vehicles.

● Please visit this link for instructions to submit your private test results.

⇒ <https://teachme.jp/111284/manuals/15029594/>



● If you intend to leave Japan during your designated quarantine period, you will need to submit evidence documents. Please visit this link for instructions.

⇒ <https://www.hco.mhlw.go.jp/faq/en.php>



Follow-up for children

Follow-up procedures for children depend on age.

Age (years)	If child has no smartphone/device to install MySOS	Follow-up
13 and over	Rental required	Self (the child)
12 and under	Rental not required	Parent/guardian (※)

(※) The parent/guardian is requested to report location information and health condition on behalf of the accompanied child.

To verify location (by video call), ensure the parent/guardian's smartphone used to register the accompanied child shows the child's face in the camera view.

Renting a smartphone

Smartphones rental service at Quarantine area

Vision Inc. <https://www.vision-net.co.jp/news/20210319002098.html>

※ You will be required to pay by credit card.

We advise you to research on costs of renting a smartphone and other mobile devices at service provider's websites prior to your trip.

Other important things to remember

You are required to submit a written pledge that states your agreement on use of certain apps, and to remain in quarantine at home or other accommodations during the designated quarantine period after entry to Japan, etc.

In case of violation of the above pledge, your name may be publicly disclosed, and you may be subject to detention. You may also be subject to revocation of status of residence and deportation under the Immigration Control Act.

Please refer to the following for other important matters you should know when entering Japan.

Acquiring and submitting proof of negative COVID-19 test results and a Written Pledge

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_00209.html

▶ Contents of the Written Pledge you should submit when entering Japan

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_00249.html

Completing a questionnaire on the web

<https://arqs-qa.followup.mhlw.go.jp/>

These are the very important practices and knowledges to protect your health and to prevent further spread of COVID-19. Your understanding and cooperation will be appreciated.