

To Anyone Entering/Returning to Japan Requirements During Designated Quarantine Period

During
quarantine
period

- 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).

During your stay

- * During your isolation, Health Monitoring Center for Overseas Entrants (HCO) will conduct follow up.
- * If you develop symptoms, contact the local Public Health Office, etc.
- * To comply with infection controls and regulations, you MUST set up and use the following apps.

First Time · Your Actions

1. Register with the Health and Location Monitoring App (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



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

2. Confirm location and report health condition with the MySOS app

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.

Other

3. Settings for saving location records in smartphone

Settings to provide your saved location information to health authorities if you become COVID-19 positive.



4. 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

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 apps from these QR codes.

* To reduce your wait time upon arrival at an airport in Japan, we recommend you install and set up the required apps in advance.

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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<p>① Health and Location Monitoring App (MySOS) To report health condition, report location, and verify location</p>	<p>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.</p> <p>Page 5-21, 25-33</p>	<p>Exclusive  QR code</p> <p>https://mysos.p.page.link/sfY2kRrviv4t4eFy7</p>  <p>※ Install from this link or QR code</p>
<p>② Location Information App (Google Maps)</p>	<p>Required to provide your location history to health authorities to track possible exposures in the event you become COVID-19 positive.</p> <p>Page 22-23</p>	<p>Google Play Store (for Android)</p> <p>※ Not needed for iPhones.</p>  <p>※ Already installed on most phones.</p>
<p>③ COCOA (COVID-19 Contact Confirming App)</p>	<p>An app to notify you of possible contact with someone who is COVID-19 positive.</p> <p>Page 24, Page 34</p>	<p>Play Store & App Store</p> 

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.