

# Request to Everyone Entering Japan

Quarantine Station, Ministry of Health, Labour and Welfare

Health Card  
2021/10/1

Please follow the items below for 14 days  
counting from the day after entering Japan\*.

(This request is made under the Quarantine Act to prevent spread of infection.)

\*The day after date of entry is counted as **day 1**.

If you submit a copy of a valid vaccination certificate at the time of entry into Japan, and report the negative result of voluntarily test after 10 days from the date of entry into Japan to the Ministry of Health, Labor and Welfare (MHLW), the "14 days" in 1-7 below will be shortened.

1. Stay at an accommodation facility or at home and avoid contact with others for 14 days.
2. Do not use public transport for 14 days.  
(Incl. trains, buses, taxis, and domestic flights used by the general public)
3. Upon arriving in Japan, install the health reporting / location confirming App of the MHLW on your smartphone. Please report your health condition via app for 14 days. When you receive a notification via app, please send your location. When you get a call via app, turn on the camera on your smartphone and respond.

※ If you violate the pledge you submitted at the airport, your name etc. may be publicized.

**If there is no contact from the app for more than 2 days, or if you lose or damage your smart phone, be sure to contact Health Monitoring Center for Overseas Entrants (HCO)**

(<https://www.hco.mhlw.go.jp/>)

TEL : 03-6757-1038 (automated voice) e-mail : [followup@hco.mhlw.go.jp](mailto:followup@hco.mhlw.go.jp)

4. Upon arriving in Japan, install the Contact Confirming App of the MHLW on your smartphone. Please use the features of the app for 14 days.
5. Upon arriving in Japan, activate your smartphone's feature to save location information using the map app or other features, and save your location information for 14 days.
6. If you develop any symptoms within 14 days of arriving in Japan, phone the Consultation Center for Returnees and Those in Close Contact with the Virus immediately.  
Inform them the region(s) you had stayed in and visit the specified medical institution.
7. If you test positive after arriving in Japan and it is deemed that symptom onset was within 14 days of arriving in Japan, please cooperate with the active epidemiological investigations under Article 15 of the Infectious Diseases Control Law conducted by public health centers and other facilities. This includes promptly presenting your passport number and location information saved on your smartphone or other devices after arriving in Japan.
8. Please cooperate if you receive any instructions or requests from public health centers and other facilities related to the above items.
9. Please take the following countermeasures to prevent spreading the infection.
  - Wear a mask and take caution to protect others from getting infected.
  - Sanitize your hands thoroughly and wash your hands frequently.
  - Avoid the three Cs (closed spaces, crowded places, close-contact settings).

● Please refer to the following for points to keep in mind in your daily life after the 14 days.

(Information available in many languages)

★ Website of the MHLW

Provides information on points to keep in mind in everyday life and on Consultation Centers for Returnees and Those in Close Contact with the Virus if you have symptoms, such as cough or fever, after returning to Japan.



★ Website of the Cabinet Secretariat

Provides information on five situations that increase the risk of infection.



Please contact our consultation center if you have any questions or concerns about COVID-19.

MHLW Telephone Consultation: 0120-565653 (Free, 9 a.m. to 9 p.m.)

(1) Is any of the following applicable to you? **Yes No**

\*If yes, please encircle all the numbers that are applicable.

- (i) In the past 14 days, I have had contact with a person with fever, cough or other symptoms.  
 (ii) In the past 14 days, I have had contact with an infected person.  
 (iii) In the past 14 days, I have had fever, cough or other symptoms.  
 (iv) I have abnormal health conditions at present.  
 Symptoms: · Fever · Cough · Fatigue · Other ( )  
 (v) I am taking antipyretics, medicine for a cold, painkillers, or other medication.

(2) Have you stayed in any of the following regions in the past 14 days? **Yes No**

\* If yes, please encircle all the regions that you stayed in.

	Particularly Affected Regions <sup>1)</sup>
Asia	Bangladesh, Bhutan, Cambodia, India, Indonesia, Malaysia, Maldives, Mongolia, Myanmar, Nepal, Pakistan, Philippines, Sri Lanka, Thailand, Timor-Leste
Europe	Albania, Andorra, Armenia, Austria, Azerbaijan, Belarus, Belgium, Bosnia and Herzegovina, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Georgia, Germany, Greece, Hungary, Iceland, Ireland, Italy, Kazakhstan, Kosovo, Kyrgyzstan, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Moldova, Monaco, Montenegro, Netherlands, North Macedonia, Norway, Poland, Portugal, Romania, Russia, San Marino, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, Tajikistan, Ukraine, United Kingdom, Uzbekistan, Vatican
Middle East	Afghanistan, Bahrain, Iran, Iraq, Israel, Jordan, Kuwait, Lebanon, Oman, Palestine, Qatar, Saudi Arabia, Turkey, United Arab Emirates
Africa	Algeria, Botswana, Cameroon, Cape Verde, Central African Republic, Comoros, Congo (Brazzaville), Congo (Kinshasa), Djibouti, Egypt, Equatorial Guinea, Eswatini, Ethiopia, Gabon, Gambia, Ghana, Guinea, Guinea-Bissau, Ivory Coast, Kenya, Lesotho, Liberia, Libya, Madagascar, Malawi, Mauritania, Mauritius, Morocco, Namibia, Nigeria, Rwanda, Sao Tome and Principe, Senegal, Seychelles, Sierra Leone, Somalia, South Africa, South Sudan, Sudan, Tunisia, Zambia, Zimbabwe
North America	Canada, United States
Latin America and the Caribbean	Antigua and Barbuda, Argentina, Bahamas, Barbados, Belize, Bolivia, Brazil, Chile, Colombia, Costa Rica, Cuba, Dominica, Dominican Republic, Ecuador, El Salvador, Grenada, Guatemala, Guyana, Haiti, Honduras, Jamaica, Mexico, Nicaragua, Panama, Paraguay, Peru, Saint Kitts and Nevis, Saint Lucia, Saint Vincent and the Grenadines, Suriname, Trinidad and Tobago, Uruguay, Venezuela
Oceania	Fiji

Note 1) Regions covered by entry restrictions under the Immigration Control and Refugee Recognition Act