

Entering Japan After Quarantine

For 14 days from the day after immigration*,
Please **follow the 5 points** below.

Please respond to Questions (1) and (2) on the back as well.

*The day after immigration is counted as **day 1**.

1. Do not leave the Japan address you provided in the form for 14 days after entering Japan and **refrain as much as possible from interacting with people.**

2. Do not use any public facility for 14 days.

(Including trains, buses, taxis, domestic flights and other facilities used by a large and unspecified number of people)

3. Check your health condition every day for the 14 days.

- ✓ Measure your body temperature every morning to check if you have fever.
- ✓ Check if you have severe cough, breathing problems or other symptoms.
- ✓ Check if there is any loss in the sense of taste or smell.

*Persons coming back from regions with particularly high COVID-19 infection rates (refer to the back) must report their health status. **You may be contacted** by health centers and other facilities for a follow-up on your health condition.

4. If you show symptoms, such as coughing or fever, please wear a mask and take care not to infect anyone else. When you go to a hospital or other medical facilities, **call the Consultation Center for Returnees and High-risk Contacts beforehand.** Inform them about your region of stay and visit the specified medical institution for a check up.

5. Please do the following to prevent spreading the infection.

- ✓ Wash your hands frequently.
- ✓ Get sufficient sleep and nutrition.
- ✓ If someone in your family or household is unwell, make sure that everyone else wears a mask as well and limit the number of people who contact the person infected.

● 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 Ministry of Health, Labour and Welfare

Provides information on points to keep in mind in everyday life and on Consultation Centers for Returnees and High-risk Contacts if you have symptoms, such as cough or fever, after returning to Japan.



★ Website of the Cabinet Secretariate

Provides information on the five scenarios with high 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.)



Quarantine Station, Ministry of Health, Labour and Welfare

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

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

- (1) In the past 14 days, I have had contact with a person with fever, cough or other symptoms.
- (2) In the past 14 days, I have had contact with an infected person.
- (3) In the past 14 days, I have had fever, cough or other symptoms.
- (4) I have abnormal health conditions at present.
 - Symptoms: • Fever • Cough • Fatigue • Other ()
- (5) I am using antipyretics • medicine for cold • painkiller, etc.

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

*** If yes, please encircle the name of the region.**

	Particularly Affected Regions*
Asia	Indonesia, Philippines, Malaysia, Maldives, India, Pakistan, Bangladesh, Nepal, Bhutan, Myanmar
Europe	San Marino, Iceland, Andorra, Italy, Estonia, Austria, Netherlands, Switzerland, Spain, Slovenia, Denmark, Germany, Norway, Vatican, France, Belgium, Malta, Monaco, Liechtenstein, Luxemburg, Ireland, Sweden, Portugal, Greece, Slovakia, Czech Republic, Hungary, Finland, Belarus, Bosnia and Herzegovina, Poland, Latvia, Lithuania, United Kingdom, Cyprus, Croatia, Kosovo, Bulgaria, Romania, Albania, Armenia, Moldova, Montenegro, North Macedonia, Serbia, Ukraine, Russia, Azerbaijan, Kazakhstan, Tajikistan, Kyrgyzstan, Georgia, Uzbekistan
Middle East	United Arab Emirates, Iran, Israel, Oman, Qatar, Kuwait, Saudi Arabia, Turkey, Bahrain, Afghanistan, Iraq, Lebanon, Palestine, Jordan
Africa	Egypt, Ivory Coast, Congo (Kinshasa), Djibouti, Mauritius, Morocco, Cape Verde, Gabon, Guinea-Bissau, Sao Tome and Principe, Equatorial Guinea, Ghana, Guinea, South Africa, Algeria, Eswatini, Cameroon, Senegal, Central African Republic, Mauritania, Kenya, Comoros, Congo (Brazzaville), Sierra Leone, Sudan, Somalia, Namibia, Botswana, Madagascar, Libya, Liberia, Gambia, Zambia, Zimbabwe, Malawi, Ethiopia, Nigeria, Rwanda, South Sudan, Tunisia, Lesotho
North America	United States, Canada
Central and South America	Antigua and Barbuda, Ecuador, Saint Kitts and Nevis, Chile, Dominica, Dominican Republic, Barbados, Panama, Brazil, Peru, Bolivia, Bahamas, Mexico, Uruguay, Honduras, Colombia, El Salvador, Argentina, Guyana, Cuba, Guatemala, Grenada, Saint Vincent and the Grenadines, Costa Rica, Jamaica, Haiti, Nicaragua, Suriname, Paraguay, Venezuela, Belize, Trinidad and Tobago
Oceania	None