

Health Center Real Time Information-Sharing System on Covid-19(HER-SYS)

User Guide for New Users

Step 1

- ① Access the top page of the My HER-SYS website from URL: <https://www.cov19.mhlw.go.jp/>
- ② Click the “New Registration” button.



You can also scan this QR code to visit the website.

“New Registration” button

Step 2

- ① Enter your E-mail address.
- ② Click the “Send Verification Code” button.



▶ Please enter a valid personal E-mail address.

▶ please make sure that you can receive e-mails sent from "@microsoftonline.com" to receive a verification code.

“Send Verification Code” button

Step 3

- ① Receive a verification code sent to your registered E-mail address.
- ② Copy or write down the code.



▶ Copy or write down the code.

Step 4

- ① Access the “HER-SYS” top page again and enter the verification code you have received.
- ② Click the “Verify Code” button.



▶ Enter the verification code here.

“Verify Code” button

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Step 5

- ① Create and enter a password on the Password Setting page.
- ② Click the "Save Password" button.

▶Your password must be at least 8 digits and include at least three of the following:

- Lowercase letter
- Uppercase letter
- Number 0-9
- Symbol such as !@#%\$

▶Please enter your password twice.

"Save Password" button

Step 6

- ① Fill out your name, birthdate and phone number.
- ② Enter your 6 or 7-digit ID.
- ③ Click the "Confirm" button, and the "Save attributes" button.

*Please contact a public health center if you fail to save your information.

Enter your ID.
You can find your ID on a brochure handed out by a public health center.

You can change the language.

Step 7

- ① Select "For Infected persons" or "For Close Contacts".
- ② Click the "Enter a status report" button.

Step 8

- ① Enter your health status and other information on the Status Report page.
- ② Click the "Confirm" button.

Enter your body temperature and select yes or no for the symptoms.