■New Registration

Step1

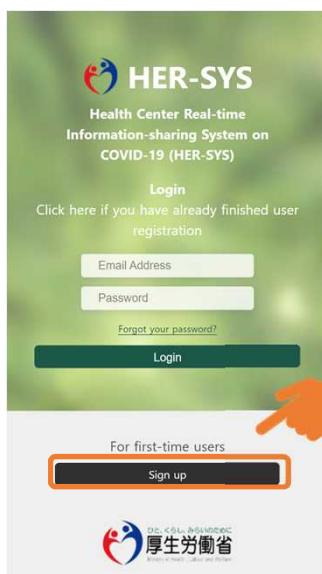Access the My HER-SYS homepage (https://www.cov19.mhlw.go.jp/) from your smartphone or computer browser.

You can scan this QR code to visit the website.

You can also access the My HER-SYS page via a URL sent by SMS. *For those wanting to receive SMS messages, please contact a public health center for more information.

Step2

Click the 'sign up' button.

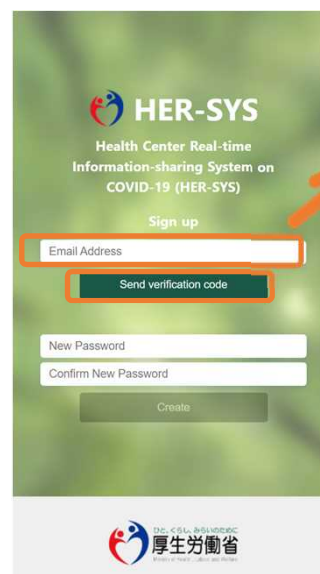'Sign up' button – new registration begins here

<u>Note:</u>
When using 1 smartphone, etc. to enter your family's health status, you can share a single email. Please be sure to complete the sign up for each family member.

Step3

1. Enter your e-mail address.
2. Click the 'send verification code' button.

<u>Note:</u>
Please enter a valid personal e-mail address.

For those who have set mail reception restrictions, please make sure that you can receive e-mails sent from '@microsoftonline.com' so you are able to receive the verification code in step 4.

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Step4

1. A verification code will be sent to your registered e-mail address.
2. Copy or write down the code.

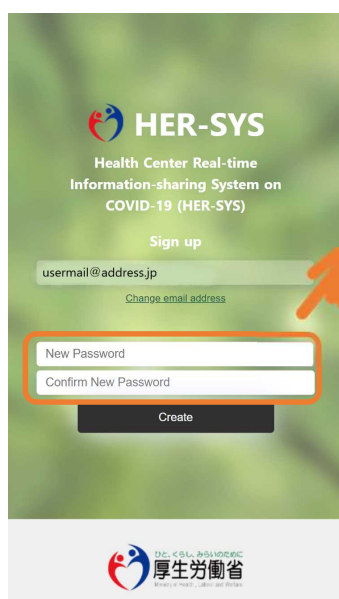
‣Copy or write down the code.

*Displayed content may vary according to device.

Step5

1. Return to the 'My HER-SYS' homepage and enter the verification code.
2. Click the 'verify code' button.


‣Enter the verification code from Step 4 here.
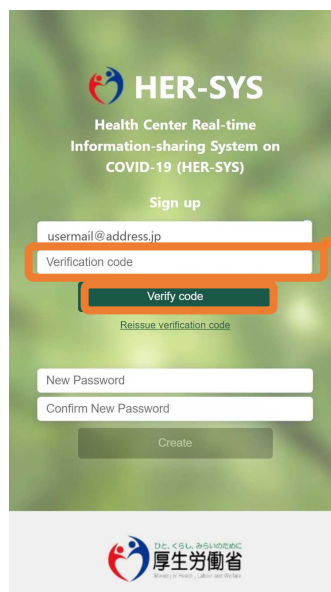
Step6

1. Create and enter your password on the password setting page.
2. Click the 'save password' button.

Note:
Your password must be at least 8 digits and include at least three of the following:
- Lowercase letter
- Uppercase letter
- Number
- Symbol

Step7

1. Fill out your name, birthdate and phone number (attributes).
2. Enter your 6 or 7-digit ID.
3. Click the 'confirm' button, and the 'save attributes' button to complete registration.
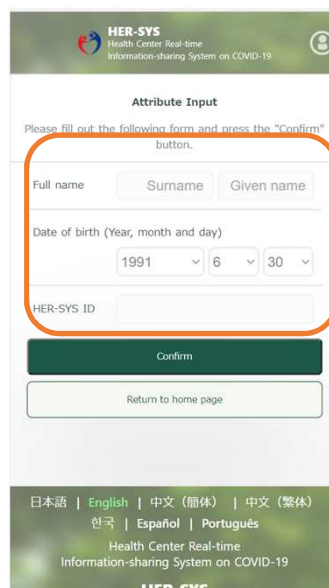
Note:
You can find the HER-SYS ID on the brochures handed out by public health centers.

Please enter your phone number without hyphens and in half-width characters.

If input information differs from the information already registered, you may not be able to register. In this case, please contact a public health center.

■How to Input Health Observations via Smartphone, etc.

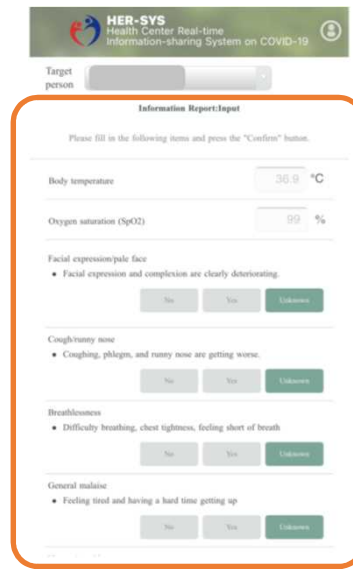Enter your health status from the homepage to make a report.

Step1

Click the 'enter a status report' button to report your condition.

Step2

1 Enter your health status and other information on the status report page.
2 Click the 'confirm' button to complete your report.

→ Registration is now complete.

Enter your body temperature and oxygen saturation (SpO2) and select 'yes' or 'no' for your symptoms.

【Reference】

For those who have registered as a family, the names of registered members will be displayed on a dropdown list. Please select the name of the person whose health status you wish to enter.
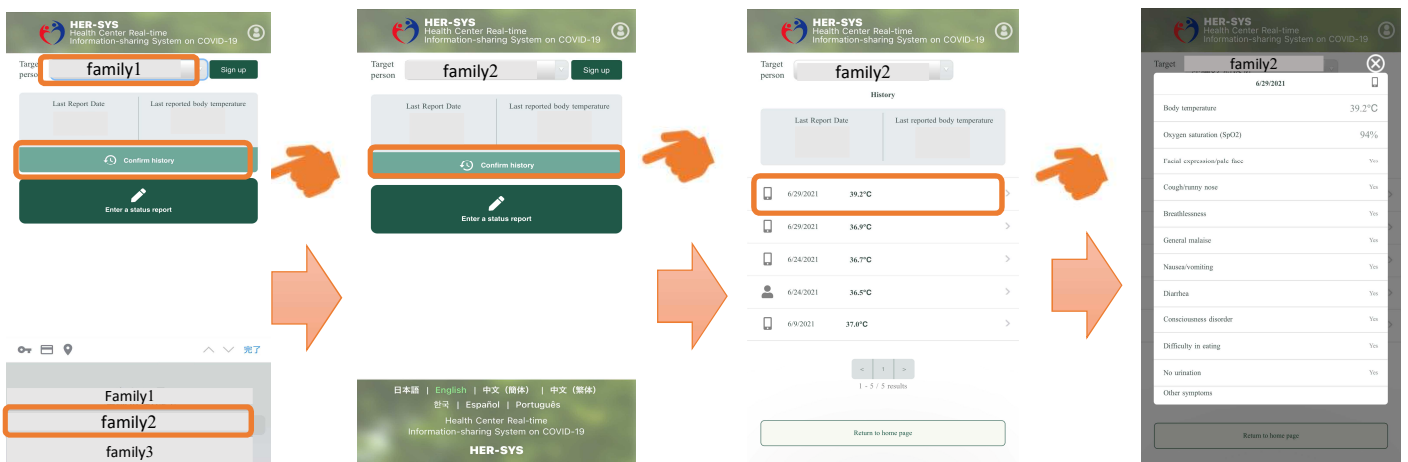
To check your past entries, click the 'confirm history' button.
Please contact a public health center if you find any errors.

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Ministry of Health, Labour, and Welfare Situation Assessment/Management System for COVID-19 Infections (HER-SYS)
'My HER-SYS' User Guide
# Request for Passport Number Entry

If your diagnosis date is within 28 days of your entry into Japan, you are required to enter your passport number on My HER-SYS. Please follow the steps below to enter your passport number.

※If your passport number has been already entered by the public health center, you do not need to enter it.

※You can only enter your passport number when you log-in to the My HER-SYS homepage for the first time.
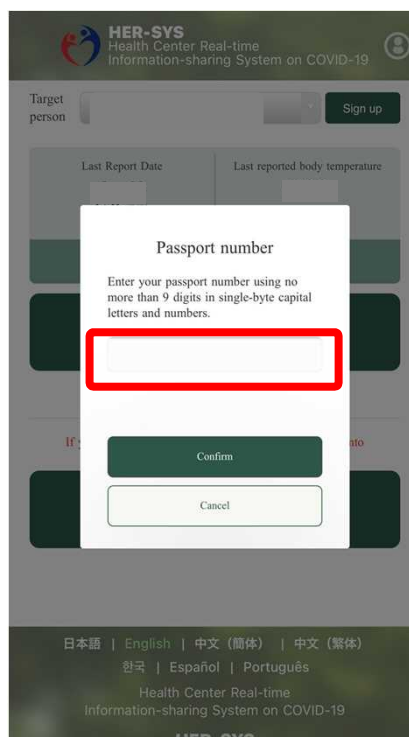
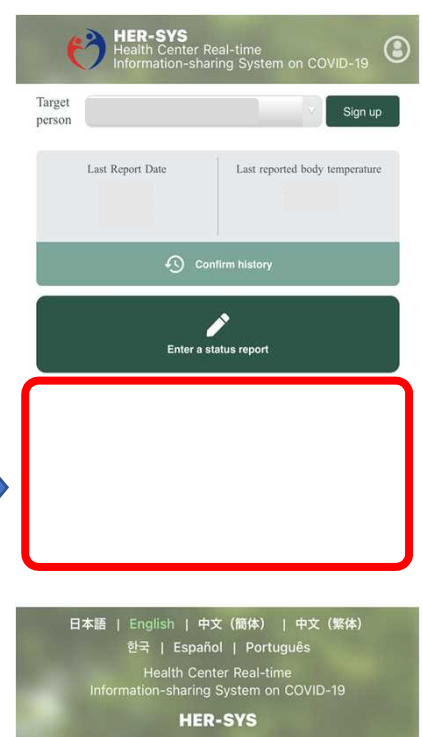## Step 1

Click 'enter your passport number.'
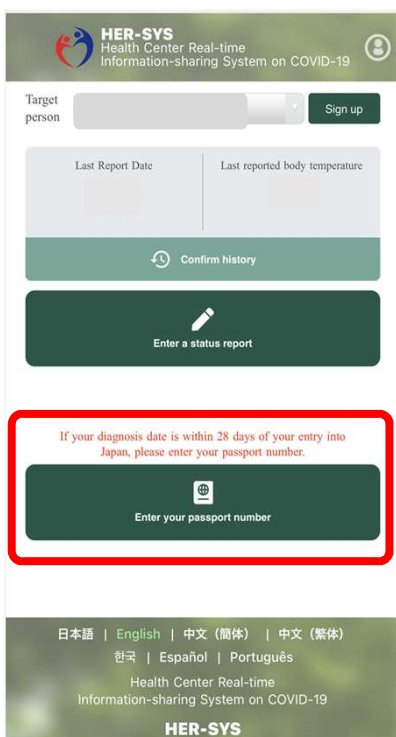
Step 2

Enter your passport number.

Step 3

If the message 'enter your passport number' disappears, registration is complete.

If your passport number changes due to expiration or loss, please contact a public health center.