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.**
During your stay	• **Practice precautions against infection: Use mask, sanitize hands, avoid the "3Cs" (closed spaces, crowds, close contact).**

* 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.
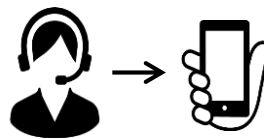
IMPORTANT:
You MUST answer incoming HCO video calls.

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.

Rental info ... Page 35

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

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.

Actions required before flight, when landed, and in airport

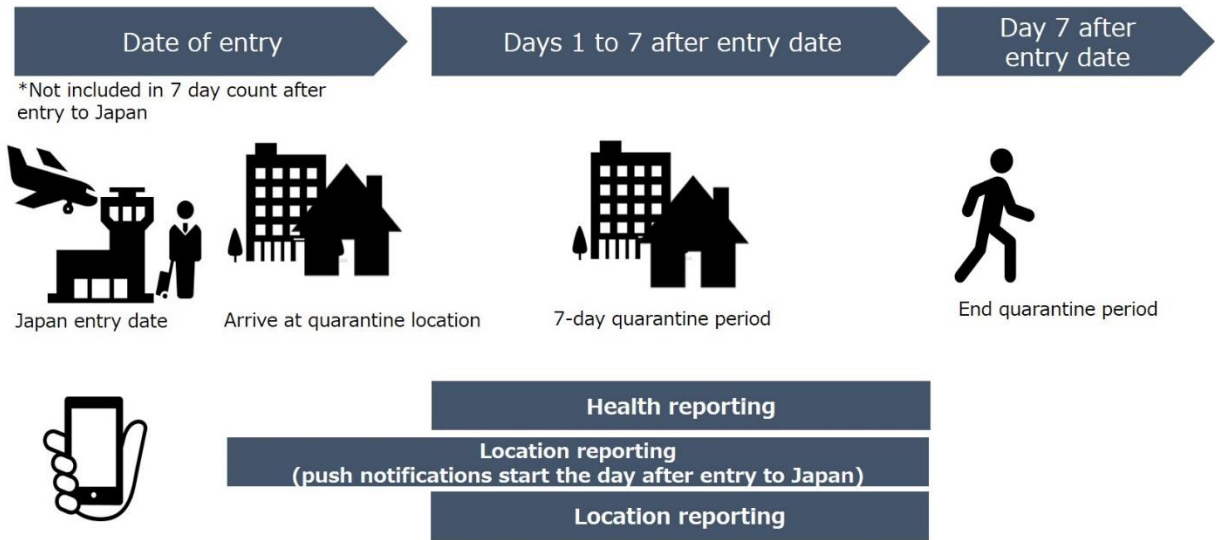| No.		Page	✔
1	MySOS app: Download and install	P.5 P.9	
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3	MySOS app: Confirm settings	P. 17 – 18	
4	Registration and verification of an accompanying child	P. 19 – 20	
5	MySOS app: Confirm registrant info	P. 21	
6	Set smartphone to save location information	P. 22 – 23	
7	COCOA app: Install	P. 24	

**Please download MySOS and register your account ,
set your smartphone to save location information and install COCOA
prior to entering Japan.
The airport quarantine will check to ensure the app is installed.**

Action checklist after entry to Japan

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12	How to update the MySOS app	P.33	
13	How to use the COCOA app	P.34	

Action checklist during your designated quarantine period

⚠️ **The day of arrival is not included in the quarantine period**

Date of entry	Days 1 to 7 after entry date	Day 7 after entry date
*Not included in 7 day count after entry to Japan		

Japan entry date   Arrive at quarantine location   7-day quarantine period   End quarantine period

Health reporting

**Location reporting
(push notifications start the day after entry to Japan)**

Location reporting

✳️ Anyone intending to leave Japan during the designated quarantine period must register documentation. Please check this link for how to register.
⇒https://www.hco.mhlw.go.jp/faq/en.php

Follow-up for children

1. Anyone aged 13 years and older who does not have a smartphone that can install the MySOS app is required to rent one.

2. Any child aged 12 years and younger who does not have a smartphone that can install the MySOS app must be registered by an accompanying guardian (see details on pages 19 and 20).

3. The guardian is requested to report location information and health condition on behalf of the accompanying child. To verify location (by video call), please ensure that the guardian's smartphone used to register the accompanying child shows the child's face in the camera screen.