

# Health Card

Please follow the items below during your quarantine period after entering Japan\*1\*2.

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

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

\*2 Quarantine period is generally 7 days. The quarantine period can be changed by possession of a vaccination certificate and voluntary inspection after entry.

1. Stay at an accommodation facility or at home and avoid contact with others.
2. Do not use public transport.  
(Incl. trains, buses, taxis, and domestic flights used by the general public)  
※ You can use public transportation only if you take the shortest route to your home or other waiting place within 24 hours of the quarantine inspection.
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. 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 2days, 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/>) e-mail : [followup@hco.mhlw.go.jp](mailto:followup@hco.mhlw.go.jp)

4. If you develop any symptoms, 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.
5. If you test positive after arriving in Japan and it is deemed that symptom onset was within the quarantine period, 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.
6. Please cooperate if you receive any instructions or requests from public health centers and other facilities related to the above items.
7. Please check your health condition and avoid high-risk places, eating and drinking in groups, etc. until 10 days after your arrival in Japan.
8. 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 quarantine period.

(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.)