



## GUIDE TO ISOLATION, QUARANTINE, AND RESTRICTION OF MOVEMENT (ROM) ON OKINAWA



[CLICK HERE FOR COVID POSITIVE OR SYMPTOMATIC INDIVIDUALS](#)

For individuals w/ COVID positive lab tests OR presumed positive



[CLICK HERE FOR CLOSE CONTACTS](#)

For individuals identified as a close contact to someone with COVID + lab test



[CLICK HERE FOR TRAVEL TO OKINAWA](#)

For individuals traveling internationally or from mainland Japan



[CLICK HERE FOR TRAVEL TO THE U.S.](#)

For individuals traveling from Okinawa back to the U.S.

*Note: This guidance is based on FRAGO 015 (May 28, 2021) to III MEF/MARFORJ COVID-19 Outbreak Response EXORD 21-001 and is subject to change based on updated policy. The document is intended to assist the SOFA community with common questions regarding COVID isolation, quarantine, restriction of movement, and associated testing requirements. This document does not apply to non-SOFA-status contractors, host-nation employees, Japan Self-Defense Forces-affiliated personnel (JSDF), and other visitors to U.S. installations. For further details, consult the most recent FRAGO or contact the COVID-19 representative for the installation.*

# COVID-19 POSITIVE OR SYMPTOMATIC INDIVIDUALS

Is the individual fully vaccinated (>14 days since final shot)?

Yes

*(Follow the same protocol as unvaccinated individuals)*

No

1. Individual will transition to **ISOLATION** and continue to be evaluated by medical personnel. The on-base isolation facility at USNHO/Camp Foster must be utilized for personnel who live off-base.
2. Duration of isolation will be determined by competent medical authority.
  - a. **If symptomatic:** Isolation and precautions can generally be discontinued 10 days after symptom onset and resolution of fever for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms. Those with severe illness may require isolation for up to 20 days after symptom onset.
  - b. **If asymptomatic (i.e. those who never developed symptoms):** isolation and other precautions can be discontinued 10 days after the date of their first positive test for COVID-19.
3. All family members and/or cohabitants of the individual(s) with a positive COVID-19 test will transition to quarantine unless fully vaccinated and follow Close Contact Protocol.
4. Personnel who test positive for COVID-19 will not be retested for a period of 90 days from the date they are deemed recovered unless meeting the criteria determined by a medical provider.

## CLOSE CONTACTS

[\(Click here for a definition of close contacts\)](#)

### Is the identified close contact fully vaccinated (>14 days since final shot)?

#### Yes

1. Individuals who are fully vaccinated and identified as a close contact **DO NOT HAVE TO QUARANTINE** and are **not required to be tested**.
2. Fully vaccinated cohabitants of a close contact have no restrictions.
3. Non-fully vaccinated cohabitants of a fully vaccinated close contact have no restrictions.

#### No

1. Individual is required to **QUARANTINE** for a minimum of **14-days** from last contact with a COVID-19 confirmed case.
2. When the sponsor is COVID positive:
  - a. Commanders will determine if the positive case will be allowed to isolate with family members/cohabitants during isolation. If the family isolates together, the command must ensure someone is designated to deliver food and other necessary items.
  - b. If close contacts stay in the residence with the positive case, their 14-days of quarantine will not begin until the positive case is deemed recovered by the USNHO COVID-19 Management Team. While isolating, the positive individual is encouraged to isolate away from the others within the domicile. However, isolating away from others in the domicile will not negate the cohabitants' requirement to conduct a 14-day quarantine beginning from the date the positive individual is deemed recovered.
3. Individuals in quarantine will be actively monitored through daily contact with designated medical staff. If symptomatic, they will become a PUI and tested at any time. If the test is negative, they will resume their quarantine. If positive, individuals will follow the protocol for [COVID \(+\) Individuals](#).
4. **Post-quarantine testing must be done no earlier than Day 10 of quarantine** and must return a negative result prior to release from quarantine. [Click here for more information on Post Quarantine Testing of Close Contacts](#).
5. Authority for release is the Joint COVID-19 Response Center (JCRC) in coordination with the USHNO.

## TRAVEL TO OKINAWA

**Does the travel involve an international location outside of Japan?**

**Yes**

[Click here to follow requirements for international arrivals to Okinawa](#)

**No**

## INTRA-JAPAN TRAVEL

**Is the traveler fully vaccinated (>14 days since final shot)?**

**Yes**

1. Fully vaccinated personnel **do not incur ROM for intra-Japan travel** to “Red Zones” or intra-Japan Patriot Express use. This does not remove USFJ ROM requirements for personnel entering Japan from another country.
2. Regardless of vaccination status, review the latest III MEF/MARFORJ Authorized Leave and Liberty Areas for applicable activity restrictions.

**No**

1. Review latest III MEF/MARFORJ Authorized Leave and Liberty Areas.
2. Individual must complete **10-day ROM** if:
  - a. Travel is conducted in a “Red Zone” (aka High COVID-risk)
    - Individual may travel through “Red Zone” areas as long as they do not stay in that area. When travelling through “Red Zone” areas, the individual is only permitted to do what is necessary to get to their final destination by the most direct route possible.
  - b. Travel is via Patriot Express from Yokota and MCAS-Iwakuni to Okinawa
3. Individual is required to receive **a negative PCR COVID-19 test no earlier than Day 8 of ROM** to complete the initial 10 day ROM
4. The individual will be asymptomatic for the duration of the 10 day ROM period. If symptoms occur, the individual will coordinate with the USNHO PHEO or the III MEF Preventative Medicine Officer and follow COVID-19 procedures for [isolation](#) as a person under investigation (PUI).

# INTERNATIONAL TRAVEL TO OKINAWA

**Prior to travel:** If pre-deployment ROM is not conducted, a pre-deployment COVID-19 PCR test is still required to confirm a clean force. This **test must be done NET 72 hours prior to departure**. Individuals that fail to receive a negative COVID-19 PCR test will not be authorized to travel with the deploying force to the III MEF/MARFORJ AOR.

**Upon arrival to Japan:** All III MEF/MARFORJ personnel arriving in Japan from another country **shall not use public transportation** to a U.S. facility and area (or their residence, if residing off-base).

**Prohibited:**

- Use of public transportation between airports, e.g., between Haneda and Narita.
- Use of domestic commercial air within Japan until the individual has completed a 14-day ROM in Japan.

**Allowed:**

- Use of private vehicles, government owned vehicles, or military air from initial port of entry into Japan to final destination.
- Use of DoD-contracted or non-appropriated fund instrumentality operated bus service or onward movement by MILAIR.

## Is the traveler fully vaccinated (>14 days since final shot)?

### Yes

1. Individual must complete 14-Day Installation **ROM, the day of arrival is considered day zero**. During this period, individual will have access to all on-installation facilities during the 14-day vaccinated ROM period.
  - a. If their permanent residence is off-installation, they may conduct non-stop travel from their domicile to a U.S. installation via POV/GOV during the ROM period.
  - b. The individual will be asymptomatic for the duration of the vaccinated 14 day ROM period. If symptoms occur, the individual will coordinate with the installation PHEO and follow COVID-19 procedures for [isolation](#) as a person under investigation (PUI).
2. Individual is required to receive a **negative PCR COVID-19 test no earlier than Day 8** of ROM.
3. The following procedures apply in order to qualify:
  - a. Vaccination status will be reviewed by a unit travel coordinator who has been designated in writing to perform this function or competent medical authority.
  - b. All travelers will carry a physical or electronic copy of their completed vaccination card or other medical record of vaccine administration for verification on arrival. Commands who appropriately verify the vaccination status may choose to allow their personnel to conduct the ROM prescribed above.

# INTERNATIONAL TRAVEL TO OKINAWA

## Is the traveler fully vaccinated (>14 days since final shot)?

### No

1. Individual must travel directly to their domicile (or place of lodging if not at final destination) and remain there for a **ROM period of 10 days. This will be followed by a 4 day period (days 11 through 14) of restriction to a U.S. installation for a total of 14 days of ROM.**
  - a. This initial 10 day ROM starts from the day following arrival and ends on the 10th day at the same hour as arrival.
  - b. While in days 0-10, if unable to maintain a separate bedroom and head from their unvaccinated family/cohabitants, the family/cohabitants will have to ROM as well until the traveler receives a negative test.
  - c. For those whose domicile is off-installation, they must remain in their domicile for the full 10 days with the exception of testing requirements.
2. Individual is required to receive a **negative PCR COVID-19 test no earlier than Day 8 of ROM** to complete the initial 10 day ROM.
3. **Days 11 through 14**, the individual may have access to all on- installation facilities.
  - a. For those whose domicile is off-installation, they must remain either in their domicile or on a U.S. installation, or travel in a direct route between the two in a private conveyance.
4. The individual will be asymptomatic for the duration of the 14 day ROM period. If symptoms occur, the individual will coordinate with the USNHO PHEO or the III MEF Preventative Medicine Officer and follow COVID-19 procedures for [isolation](#) as a person under investigation (PUI).

## TRAVEL TO THE U.S.

### Is the individual fully vaccinated (>14 days since final shot)?

Yes

*(Follow the same protocol as unvaccinated individuals)*

No

1. **Prior to conducting official travel**, service members and DoD civilian employees must complete a risk-based assessment which includes providing an itinerary and health status for all travelers to their chain of command. The health status of the traveler will include, at a minimum:
  - Whether the individual has exhibited any signs or symptoms of COVID-19.
  - Whether the individual has had recent contact with anyone having or known to have exhibited signs or symptoms of COVID-19 or tested positive for COVID-19.
  - Commanders in coordination with competent medical authority will determine if individuals should travel based on the risk-based assessment.
2. Service members will have a pre-travel screening risk assessment and [COVID-19 PCR test prior to departure](#), usually no earlier than 72 hours from departure.
3. Upon arrival to the U.S., ROM for service members will be conducted as follows: **a 10-day ROM without testing or a 7 day ROM with a negative PCR COVID-19 exit test NET day 5** is required.

## DEFINITION OF 'CLOSE CONTACT'

A close contact is any person who has:

- Been within approximately 6 feet (2 meters) of an individual for longer than 15 minutes cumulative within a 24 hour period with or without a face covering.
- Anyone with whom physical contact is shared while caring for, living with, or visiting.
- Anytime an individual visits a waiting room (include only the DTG and location, NOT other individuals within the waiting room).
- Anyone having direct contact with an individual's secretions (e.g., being coughed or sneezed on or coughing and sneezing on someone else).
- All other personnel with military installation access are highly encouraged to maintain a daily contact tracing record.
- Individuals that exhibit COVID-19 or flu-like symptoms are prohibited from reporting to duty. Prior to reporting to any medical facility, individuals will call ahead to explain their circumstances and symptoms, then comply with all medical directions.



## POST QUARANTINE TESTING OF CLOSE CONTACTS (PQT-CC)

The USNHO is responsible for testing all close contacts. However, the USNHO will often request the assistance of TFSG to conduct PQT-CC. If TFSG conducts PQT-CC:

- Two days prior to testing, personnel needing COVID-19 PCR testing will be informed of their scheduled testing date. Coordination will be done to ensure both the testing team and the personnel being tested know the location, tentative time, number of personnel in the residence to be tested, and any details necessary for the testing team to be successful in locating personnel requiring testing.
- On the day of testing, TFSG will contact personnel needing testing to narrow down the time of arrival to their location.
- Upon the receipt of lab test results, if *negative*, the JCRC will notify commands and the USNHO COVID-19 Management Team will inform personnel of their results with an expected day of release.
- On the day of release, the USNHO COVID-19 Management Team will close out the case file for personnel who are authorized for release from quarantine.
- The USNHO COVID-19 Management Team will then send the medical recommendation for release to the JCRC.
- The JCRC will then notify the chain of command (O-5/O-6 commander) of the authorization for release.
- Personnel in quarantine are officially released from quarantine at that time.

# PRE-TRAVEL TESTING

## FAQ about Pre-Travel COVID-19 Tests

Issued: 11 FEB 2021; updated 10 MAY 2021

**\*UPDATE: HAWAII TRAVEL: See the HAWAII specific section on page 3 for guidance.**



### Do I need a Pre-Travel COVID Test?

Almost all *international travel* requires a COVID test within 3 days of departure. When in doubt, assume that one is needed. There is no requirement for domestic pre-travel testing within Japan at this time.

### Who do I need to call to set up my Pre-Travel Test?

Each unit has a representative who is responsible for coordinating your test in advance. Contact your unit representative as soon as you have flight information (whether official travel or for leave), then reaffirm 5 days before your flight that you are on the list. If you are unsure who your unit COVID representative is, email [Task\\_Force\\_Safeguard\\_Operations@usmc.mil](mailto:Task_Force_Safeguard_Operations@usmc.mil) to find out.

### Where and when do I go for my Pre-Travel Test?

Test collection hours are Mon-Sat, 0730 to 1000, as follows:

<i>If your departure flight is on...</i>	<i>Your test collection day is...</i>	<i>At this location:</i>
Monday	Saturday	USNHO Drive-Thru
Tuesday	Saturday	USNHO Drive-Thru
Wednesday	Monday	18th MDG Drive-Thru
Thursday	Tuesday	18th MDG Drive-Thru
Friday	Wednesday	18th MDG Drive-Thru
Saturday	Thursday	18th MDG Drive-Thru
Sunday	Friday	18th MDG Drive-Thru

Please see our webpages for maps to the drive-through collection sites if unfamiliar.

### Do I need my results to board the plane or will the medical tell them?

You must print your results and present your paper documentation in order to board the plane.

Additionally, *for people flying commercially*, you should bring the memo that explains test results for airline personnel. Copies of this in English, Japanese, and Korean are on USNHO's webpage.

### What if my test returns positive?

Public Health will reach out to you immediately. All normal protocols to establish medical care, isolation, and contact tracing will be followed. Quarantine will be arranged for your family members and other close contacts. If they were planning to depart on the same flight, they will need to remain on Okinawa and your unit and AMD will work to rebook all of you.

### How do I obtain my results?

*For those with TriCare*, test results will typically be posted with your TriCare Online account on the evening of the day following your test collection.

*For those without TriCare*, please drop off a completed DD-2870 (boxes 1-13) at the time of your Drive-Thru test. Explain your flight information in Box 8; an example is on our webpage. Your result will be emailed to the address you provide on the next calendar day.

### What if it is the afternoon of the next day and I still do not have my results?

If it is after 20:00 on the next day and you do not yet have your results, you should call the COVID Care Line at 098-971-9691, Option 1, and we will help investigate.

### How much will the test cost?

For Active Duty, AD Family members, and DoD civilians traveling on orders, there is no cost. For contractors and for family members of civilians traveling on orders, there may be a bill generated. If it is generated, it may be able to be waived. The rules here continue to fluctuate, and we appreciate your patience with the process.

For anyone going on leisure travel, a bill will likely be generated. The cost of the test is \$51.33. For questions about the billing and reimbursement process, please contact the Billing Office at DSN (315) 646-7213 or at 098-971-7213 from off base.

### I'm having symptoms that could be COVID-19. May I use the Pre-Travel Drive-Thru testing site?

Our laboratory process is a bit different for people with symptoms, so we ask that you do not go for your travel test. Instead, call the COVID Care Line at 098-971-9691 to report your symptoms and arrange for diagnostic testing. This test will come back in plenty of time for your flight, and if the result is negative, you will still be permitted to depart.

### I have recovered from COVID. Do I still need the test?

If you have had COVID-19 within the last 3 months, you do not need to be retested. Bring your isolation discharge paperwork with you to the AMC. If you do not have that, call the COVID Care Line at 098-971-9691, Option 1, and request a copy. If you are flying commercially, call us and we will provide you an official statement for you in Japanese.

If you had COVID-19 but more than three months ago, call the COVID Care Line at 098-971-9691, Option 1, five days before your flight. We will tailor testing and documentation to your situation.

### I'm fully vaccinated. Do I still need the test?

Thank you for getting vaccinated! As you know, the vaccine is safe and *very* effective at preventing COVID disease (symptoms). We are still learning if it is just as good at preventing asymptomatic infection; it is possible you could still carry and transmit it. Therefore, at this time, yes, the pre-travel test is still needed. This policy may change in coming weeks as science develops.

## Hawaii Travel

The following guidance is applicable to all personnel except 18th Wing. 18th Wing has different procedures for their personnel.

Test collection hours are Mon-Fri, 0730 to 1000, as follows:

<i>If your departure flight is on...</i>	<i>Your test collection day is...</i>	<i>At this location:</i>
Sunday or Monday	Friday	18th MDG Drive-Thru
Tuesday or Wednesday	Monday	
Thursday	Tuesday	
Friday	Wednesday	
Saturday	Thursday	

### Who do I need to call to set up my Hawaii Pre-Travel Test?

Each unit has a representative who is responsible for coordinating your test in advance. Contact your unit representative as soon as you have flight information (whether official travel or for leave), and ensure they choose **Pre Travel Hawaii**. Additionally, ensure they list the destination as **Hawaii**. Then reaffirm 5 days before your flight that you are on the list. If you are unsure who your unit COVID representative is, email [Task\\_Force\\_Safeguard\\_Operations@usmc.mil](mailto:Task_Force_Safeguard_Operations@usmc.mil) to find out.

### For Hawaii travel, is there anything else I need to do?

Yes. After your pre-travel test for Hawaii is conducted, a result will be produced the same day. In order to meet Hawaii's Safe Travel Program requirements, an additional document is required, which will be produced by Task Force SAFEGUARD. On the same day as the test, TFSG will receive the test result. If the result is negative, they will input the information on the additional paperwork and call to inform the individual the paperwork is ready for pick up. This is usually done on the same day of the test. Personnel may pick up this paperwork at TFSG, directions are provided below.



# CONTACT LIST

**COVID CARELINE:** +81-98-971-9691

**COVID Vaccine Appointment Scheduling**

U.S. Naval Hospital Okinawa

<https://informatics-stage.health.mil/FosterCOVIDApp/>

**MCASF Clinic Vaccination Appointment Portal**

Fridays 0800-1100

<https://informatics-stage.health.mil/FutenmaCOVIDApp/>

**MCASF Adjutant (for approvals and to schedule testing):**

Captain Southworth

315-636-2115

[Steven.southworth2@usmc.mil](mailto:Steven.southworth2@usmc.mil)

*For test results, contact your provider or log-on to Tricare Patient Portal:*

<https://myaccess.dmdc.osd.mil/identitymanagement/authenticate.do?execution=e1s1>

**MCASF Emergency Manager (for installation access, exceptions to policy (ETP), and all other COVID management questions):**

Elayne Saejung

315-636-3268

[Elayne.saejung@usmc.mil](mailto:Elayne.saejung@usmc.mil)