



**DEPARTMENT OF THE NAVY**  
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COMMANDER NAVY REGION JAPAN  
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26 Jul 22

MEMORANDUM

From: Commander, U.S. Naval Forces Japan/Navy Region Japan  
To: Distribution

Subj: RESTRICTION OF MOVEMENT GUIDANCE IN RESPONSE TO COVID-19  
(UPDATE XX)

Ref: (a) **COMNAVFOR Japan Memo 5000 Ser N00/0112 dtd 1 Jun 22**  
(b) **COMUSFJ Force Public Health Order 22-006 dtd 25 Jul 22**  
(c) COMNAVREG Japan Memo 5000 Ser N00/0110 dtd 28 Mar 22

Encl: (1) Restriction of Movement Policy for Personnel Pending  
Arrival Testing dtd **26 Jul 22**

1. Restriction of Movement (ROM) guidance from reference (a) is superseded and canceled by this memorandum. Discontinue distribution of reference (a). Commands or individuals who require clarification of this guidance, or believe this guidance conflicts with other guidance, should contact U.S. Naval Forces Japan (CNFJ) for resolution.

**2. Reference (b) eliminated travel/holding period-related ROM and classification by vaccination status for U.S. Status of Forces Agreement (SOFA)-affiliated personnel, based upon presentation of a negative molecular COVID-19 test result prior to entry into Japan, or negative arrival test result at the port of entry. SOFA-affiliated personnel with a positive COVID-19 arrival test will transition to isolation as described in the guidance below.**

3. Definitions

a. Fully-Vaccinated/Immunized. An individual who has completed the vaccine series and is considered immunized; defined as at least two weeks since receiving the final dose in the vaccine series.

b. Up-To-Date. Individuals are considered up-to-date with COVID-19 vaccines if they have received all doses in the primary series and all recommended booster doses when eligible, in accordance with Centers for Disease Control and Prevention (CDC) guidance at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>.

c. Recovered Positive. An asymptomatic individual who has a positive laboratory confirmed COVID-19 test within the past 90 days and has been subsequently cleared from isolation.

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d. Holding Period. A period of time during which personnel are restricted to SOFA installations. During this time, SOFA personnel will be restricted to U.S. SOFA installations, unless they reside in a suitable and established quarters off installation. A temporary lodging facility, such as a hotel, does not constitute established quarters off installation. Personnel residing off installation shall conduct home-to-installation transit only (POV/GOV); cycling and walking are only authorized for fully vaccinated members, with no other stops permitted. Use of any form of public/mass transit is not authorized while in a holding period. Transit between U.S. SOFA installations is permitted while in a holding period but shall only utilize POV, GOV, or MILAIR for transportation. While aboard any U.S. SOFA installation, personnel in a holding period may have full access to all installation facilities, unless further restricted by local installation policies.

e. Isolation. The strategy used to separate people infected with the COVID-19 (those with and without symptoms) from people who are not infected. The term is used here to refer to people who are isolated at home, a community care center (i.e., isolation shelter), or a health facility. In the home, anyone with COVID-19 symptoms or who has been diagnosed with the disease should separate themselves from others in the home to reduce the risk of transmission to others in the household and should stay home until it is safe for them to be around others. This also includes people who have signs and symptoms consistent with COVID-19, for whom test results are not yet or will not be available (CDC).

f. Quarantine. Strategy to separate and restrict the movement of people who were exposed to a contagious disease to see if they become sick.

g. COVID -19 Viral Test. A viral detection test for current infection (i.e., a nucleic acid amplification test, such as PCR, or a viral antigen test) approved or authorized by the relevant national authority for the detection of COVID-19.

h. Molecular Test. A very specific type of viral detection test, using Nucleic acid amplification (includes tests such as RT-PCR, LAMP, TMA, and NEAR (e.g. Abbott ID-NOW)).

i. Self-Test Kit. A viral antigen test approved by the U.S. Food and Drug Administration (FDA). COVID-19 self-tests do not require a health care provider's clinical care order, are considered an over-the-counter test, and do not require medical support or oversight to complete.

j. Public Health Officials. Either the Public Health Emergency Officer (PHEO) or Competent Medical Authority (CMA) assigned primary medical oversight of units and organizations at a particular installation.

4. All deployed, active, activated reserve and guard component personnel (to include Department of Defense (DoD) civilian and contract personnel in accordance with their statement of work) deployed to or TDY/TAD to Japan **for greater than 30 days** shall be fully vaccinated prior to entry into Japan. This includes operational movement of units, individual augmentees, and exercise support personnel.

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5. Travel to Japan. Regardless of local requirements at departure location, all SOFA travelers to Japan who have recently been subject to isolation or quarantine must complete all U.S. Forces Japan (USFJ) isolation or quarantine protocols, as required by reference (b), prior to beginning travel to Japan.

6. Pre-Travel Testing. All personnel age 2 or older conducting international air travel to Japan via commercial or military airlift will be tested with a viral test (molecular or antigen) no more than 72 hours before departure and maintain proof of the negative test during travel.

a. Additionally, personnel who receive a negative pre-travel molecular test are exempt from arrival testing in Japan, regardless of vaccination status. Travelers who are able to obtain molecular testing at their point of origin are encouraged to do so.

b. Individuals recovered from COVID-19 infection within 90 days are not subject to pre-travel testing, but may be subject to arrival testing. Such individuals must receive clearance from a health care provider or public health official and maintain a copy of the clearance letter in their possession during travel.

c. Commercial airlines may enforce more strict testing requirements, depending on airline, destination, and point of origin. Travelers should contact their airlines prior to travel to ensure they can meet those requirements. Commercial airlines do not normally accept results of self-tests, and occasionally may not accept recovered positive letters.

d. SOFA members, flying MILAIR or Patriot Express, who are fully vaccinated or age 5 and under, and unable to receive a COVID-19 test within 72 hours of their travel to Japan may request an Exception to Policy (ETP) from the first O-6 in their chain of command. The ETP must identify the traveler(s) by name, the reason a test was not possible, and the approving authority with contact information. If an ETP is granted, upon arrival in Japan the member is restricted to their ROM location in accordance with Enclosure (1) until they receive a negative arrival test result. Individuals will then comply with the remainder of their ROM in accordance with this order.

7. Arrival Testing. Personnel traveling to Japan who received a negative pre-travel molecular test result are exempt from arrival testing regardless of vaccination status. They have no restrictions from use of public transportation, to include onward domestic air travel. Otherwise, all personnel traveling to Japan are subject to arrival testing.

a. SOFA members arriving via MILAIR or Patriot Express (not in possession of a negative pre-travel molecular test) will receive testing within 1 day of arrival at the installation where they will conduct their ROM, and regardless of vaccination status, will remain restricted to their ROM location in accordance with Enclosure (1) until they receive a negative test result

b. SOFA members arriving via commercial air (not in possession of a negative pre-travel molecular test) who receive a Government of Japan (GOJ) arrival test are restricted to their ROM

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location in accordance with Enclosure (1) until they receive a negative arrival test result, regardless of vaccination status. Personnel who received a negative pre-travel molecular test are exempt from arrival testing and ROM in Japan, regardless of vaccination status. If directed by airport authorities to conduct an arrival test, personnel should politely comply; regardless, after exiting immigration, those who have a negative pre-travel molecular test are not required to await results and may continue onward travel to include public transportation.

c. Results from testing at commercial airports may take up to 24 hours. Personnel awaiting a test result from a commercial airport **shall travel directly to a SOFA installation to await results and are not permitted to remain in the airport** unless their sponsoring command has already made transportation and lodging arrangements on the contingency they test positive.

d. Individuals recovered from COVID-19 infection within 90 days, and not in possession of a negative pre-travel molecular COVID-19 test, are subject to GoJ arrival testing. While not recommended per CDC guidance, testing remains required on entry at Japanese commercial airports. If test results are positive, individuals will isolate on a U.S. installation until able to consult with installation health officials.

8. All Navy SOFA personnel shall conduct their quarantine on U.S. SOFA installations, or at their established quarters off installation in the vicinity of their primary duty station. Navy SOFA personnel testing positive shall conduct isolation on U.S. SOFA installations, or at their established quarters off installation when approved by the installation commander. A temporary lodging facility, such as a hotel, does not constitute established quarters off installation. Installation Commanders and tenant commands shall ensure compliance with all quarantine and isolation measures. CMAs are responsible for informing and discussing with personnel the requirements associated with the proper conduct of isolation.

9. Policies for Personnel Designated as Close Contacts

a. An unvaccinated or partially-vaccinated person who subsequently becomes a close contact with a known positive will immediately transfer into a quarantine status. Individuals in quarantine will remain in their housing or domicile for a minimum of 5 days. If asymptomatic after 5 days, personnel will be restricted to base until completing 2 more days holding period (total of 7 days). Commands/organizations are responsible for notifying their personnel (including dependents of their assigned personnel) of close contact status and placement into quarantine as soon as possible after contact tracing is completed.

b. A fully-vaccinated (but not up-to-date) person who subsequently becomes a close contact with a known positive will immediately transfer into a quarantine status. Individuals in quarantine will remain in their housing or domicile for a minimum of 5 days. If asymptomatic after 5 days, personnel will be restricted to base until completing 2 more days holding period (total of 7 days). Commands/organizations are responsible for notifying their personnel (including dependents of their assigned personnel) of close contact status and placement into quarantine as soon as possible after contact tracing is completed.

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c. Fully-Vaccinated and up-to-date personnel who subsequently become a close contact with a known positive but remain asymptomatic are not required to quarantine unless dictated by current applicable medical guidance. Commands/organizations will notify their personnel (including dependents of their assigned personnel) of close contact status as soon as possible after contact tracing is completed. Commands/organizations are recommended to notify immediate coworkers of the close contact status, and should consider adjustment of duties for personnel whose work does not allow proper social distancing. These individuals should exercise increased precautions for 10 days after exposure including wearing a mask at all times when around other individuals even if not otherwise required. In the event they become symptomatic, they should immediately self-isolate and seek medical testing.

**d. Personnel designated as close contacts who are, or remain symptomatic, after day 5 should seek medical evaluation and/or COVID-19 testing at the local MTF and adhere to medical guidance from the provider concerning return to work/school and or attendance at social gatherings.**

10. Policies for Personnel Testing Positive

a. Individuals testing positive for COVID-19 will immediately transfer into an isolation status. They should be separated from and avoid all contact with uninfected individuals until released from isolation.

b. Navy SOFA personnel testing positive shall conduct isolation on U.S. SOFA installations, or at their established quarters off installation when approved by the installation commander. A temporary lodging facility, such as a hotel, does not constitute established quarters off installation.

c. Persons testing positive for COVID-19 will be required to complete a minimum of 5 full days in isolation status from the start of symptoms (or positive test result, if asymptomatic) and a 2-day holding period with strict mitigation measures (for a minimum of 7 days total). To complete isolation after day 5, infected individuals must be free of fever without using fever-reducing medications for the 24 hours prior to release and symptoms must be improving. If these criteria are not met after day 7, the holding period will be extended until criteria are met or until a full 10 days have elapsed since start of symptoms (or positive test result, if asymptomatic upon diagnosis). A negative COVID-19 test is not required prior to release from isolation.

d. Under the oversight of installation public health officials, each command will release their own personnel, including dependents, from isolation, quarantine and holding period after verifying that they meet the above criteria. Installation public health officials are responsible for providing this criteria and current applicable medical guidance to commands.

e. Following release from isolation, until 10 full days have passed from the start of symptoms (or positive test result, if asymptomatic), personnel are required to wear a mask in all public areas, are prohibited from the use of public transportation, and should avoid travel.

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f. Public health officials will notify commands/organizations of any positive test results from tests administered by installation medical personnel or test results provided by GOJ arrival notifications. After notification, commands/organizations are responsible to ensure positive cases are tracked and contact tracing is conducted.

g. Personnel testing positive from an FDA-approved self-test kit shall notify their owning or sponsoring organization for contact tracing and tracking purposes. Commands/organizations shall notify public health officials of these results for data collection and sharing purposes, and to ensure personnel receive proper documentation upon recovery. Personnel testing positive from an FDA-approved self-test kit may be offered confirmatory laboratory testing by local public health officials prior to beginning isolation.

h. Commands/organizations are responsible for the morale and welfare of their personnel (including dependents of their assigned personnel) and ensuring that they have food and necessities for the duration of their isolation period.

11. Policies for Recovered Positive Personnel

a. Recovered positives within 90 days of recovery are exempt from all DoD testing requirements, upon verification of their status, but are subject to GoJ arrival testing.

b. Recovered positive personnel who subsequently become a close contact with a known positive but remain asymptomatic are not required to quarantine unless dictated by current applicable medical guidance. Commands/organizations will notify their personnel (including dependents of their assigned personnel) of close contact status as soon as possible after contact tracing is completed. Commands/organizations are recommended to notify immediate coworkers of the close contact status, and should consider adjustment of duties for personnel whose work does not allow proper social distancing. These individuals will continue to self-monitor for symptoms of COVID-19 for the duration of the next 10 days. In the event they become symptomatic, they should immediately self-isolate and seek medical attention to determine if repeat testing is necessary.

12. Policies for Departure Travel from Japan. All SOFA travelers departing Japan who have recently been subject to isolation or quarantine must complete all USFJ isolation or quarantine protocols, as required by reference (b), prior to beginning travel from Japan.

13. Policies for MLC, IHA, and Other Non-SOFA Employees that Work Aboard U.S. SOFA Installations. These personnel do not fall under the CNFJ ROM policy, and should follow the recommendations of local Japanese public health officials. When informed by Japanese public health officials, Installation public health officials will relay notifications of positive results or quarantine to relevant command leadership (unit CO/OIC/Director or CDO). These employees may be placed in quarantine by Japanese authorities even if fully vaccinated. If so, they must complete their quarantine period in accordance to GoJ health guidelines prior to returning to work.

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14. Policies for Administration of Travel Tests. Each command/organization shall develop and implement procedures to ensure non-symptomatic personnel complete COVID-19 travel testing requirements for pre-travel and arrival testing as required by reference (b) and this directive, to include documentation of testing and acquisition of FDA-approved self-test kits for use by assigned personnel and command-sponsored dependents.

15. Contact tracing. Under the oversight of installation public health officials, each command/organization will ensure a sufficient number contact tracers are trained and available to conduct tracing on positives from that unit, to include command-sponsored dependents.

16. Navy SOFA personnel who are not stationed on DoD installations shall adhere to requirements specified in this memorandum and reference (b). Navy SOFA personnel stationed on a non-Navy installation, or whose installation is administered by another service, shall follow the ROM requirements for the local installation on which they reside or are stationed.

17. Exceptions to Policy (ETPs). Deviations from the above procedures will be routed as an ETP request. ETP requests should be submitted as a last resort, where no viable option exists for meeting prescribed requirements. ETP requests with detailed concept of operation and mitigations must be received no later than fourteen (14) days prior to origination of travel. Personnel seeking ETPs must be fully vaccinated, comply with mask-wear guidance, discontinue excepted activities if they become symptomatic, and follow the rules and conditions set forth for the respective activity. All ETP requests that involve operational forces or units under operational control (OPCON) of Commander, U.S. SEVENTH Fleet (C7F) shall be submitted to USFJ via C7F. All non-operational ETP requests shall be submitted to USFJ via CNFJ using the following email address: M-YO-CNRJ-ROM-ETP-WAIVER@FE.NAVY.MIL

18. This guidance will remain in place until further notice unless otherwise rescinded, extended, or superseded. I have determined that the restrictions in this order are reasonably necessary and calculated to accomplish the military mission of U.S. Naval Forces Japan/Navy Region Japan and to safeguard the health, safety and welfare of personnel assigned to or residing onboard our installations. Violations by military personnel are subject to punishment under Article 92, Uniform Code of Military Justice, as violations of a lawful general order. Failures to comply with this order by U.S. civilian employees may result in administrative (debarment, curtailment) or disciplinary action. Violations by dependents may result in administrative sanctions, up to and including loss of command sponsorship and early return of dependents.



C. A. LAHTI

Distribution:

CFAY, CFAO, CFAS, NAFA, NAFM, NSF DG, SAC, all tenant units



# Restriction of Movement

Personnel traveling to Japan who receive a negative pre-travel molecular COVID-19 test (utilizing Nucleic acid amplification, including RT-PCR, LAMP, TMA, and NEAR) no more than 72 hours before departure are exempt from the requirements below, regardless of vaccination status.

**All SOFA personnel that have not yet received a negative COVID-19 arrival test upon arrival to Japan shall travel directly to their established residence or U.S. military lodging and adhere to the restrictions below. A temporary lodging facility off-base, such as an off-base hotel, does not constitute a residence.**

**Results from testing at commercial airports may take up to 24 hours. Personnel awaiting a test result from a commercial airport shall travel directly to a SOFA installation to await results and are not permitted to remain in the airport unless their sponsoring command has already made transportation and lodging arrangements in the event they test positive.**

**If not in receipt of negative arrival test results, use of public transportation is not permitted under any circumstances.**

## Personnel Pending Arrival Testing

- (a) WILL NOT travel between airports/installation/domicile via public transportation unless in receipt of negative arrival test results performed by the commercial airport, or performed under competent oversight on a U.S. installation if arriving outside of the commercial airports (e.g. MILAIR, Patriot Express, etc.), and then only within the first 24 hours after arrival
- (b) Results from testing at commercial airports may take up to 24 hours. Personnel awaiting a test result from a commercial airport shall travel directly to a SOFA installation to await results and are not permitted to remain in the airport unless their sponsoring command has already made transportation and lodging arrangements on the contingency they test positive.
- (c) WILL be required to execute a Restriction of Movement (ROM) at their residence or other appropriate U.S. military lodging facility (to include the Navy Lodge and NGIS) and limit close contact (six feet or two meters) with others. A temporary lodging facility off-base, such as an off-base hotel, does not constitute a residence.
- (d) WILL NOT come to work or exit their domicile or room to conduct outdoor physical activity, patronize on-or off-base commissary/grocery stores, use gyms, use playgrounds, patronize dining establishments, bars, entertainment facilities, convenience stores, etc. Use of public areas within lodging facilities (smoking areas, dining area, ice machines, computer areas, etc.) are also PROHIBITED. For the purpose of this restriction, a domicile includes those outdoor areas which solely belong to that domicile's residents with no shared spaces (yards, balconies, etc).
- (e) WILL NOT conduct any in-person check-in activities, to include Area Orientation Brief (AOB), housing visits, vehicle registrations, personal property/household shipment coordination, school registration, command check-in, etc. Virtual check-in activities are authorized and encouraged.
- (f) WILL Self-Monitor Symptoms Twice Daily.
  - Individuals will self-monitor by taking their temperatures twice a day to check fever and will remain alert for cough or difficulty breathing. If they feel feverish or develop a fever (>100.4°F or 38°C per CDC), cough, or difficulty breathing during the self-monitoring period, they shall self-isolate, limit contact with others, notify their supervisor or chain of command, and seek advice by telephone from the appropriate healthcare provider to determine whether medical evaluation is needed.
  - Individuals not exhibiting symptoms do not need to be monitored by medical personnel.
  - For any in-person assessments of individuals (including asymptomatic individuals), medical personnel should adhere to appropriate medical guidance by Higher Headquarters.
  - Individuals must call ahead before going to a medical treatment facility, informing medical staff of symptoms and travel history.
  - Medical staff should follow CDC guidance when assessing individuals displaying fever and symptoms consistent with COVID-19.
- (g) Exceptions. The only authorized exceptions to depart lodging are for medical screening / treatment purposes, in the case of life-threatening emergency situations, and for animal welfare (e.g. dog walking), which should be done no greater than 50 feet from domiciles. During these periods, all personnel will be required to wear a mask and practice physical distancing at all times.
- (h) Until receipt of the negative COVID-19 test result, individuals will wear a mask at all times when authorized to be outside of their ROM location.

## Lodging and Reporting Requirements

- (a) Individuals living in open-bay settings, or rooms with shared bathrooms and/or kitchen facilities, should be placed in separate lodging, pending receipt of the negative COVID-19 test result.





## ***Restriction of Movement***

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(b) Families awaiting receipt of the negative COVID-19 test result do not require separate lodging. Families may cohabitate but should still practice physical distancing unless travel was conducted jointly; e.g. a family member returns from leave in CONUS to a domicile where a service member has not left – the family member should utilize a separate bedroom and head facility for the duration of ROM.

### **Command Requirements**

(a) Commands must assist in making arrangements to transport personnel from the airport to their residence or domicile.

(b) The individual unit to which the individual is assigned will arrange and fund separate lodging if needed.

(c) Immediate supervisors will NOT require individuals to report to their duty location or otherwise disregard the ROM requirements until receipt of the negative COVID-19.