

Notice from quarantine stations to persons entering Japan

1. If you are entering Japan and were in an infected region where the new type of coronavirus is especially prevalent within 14 days of your arrival (LEVEL3*See the table on the back of this sheet.)

- (1) Be sure to notify the quarantine officer that you came from an infected region where the virus is especially prevalent.
- (2) Starting the day after you enter Japan, stand by at the specified location for 14 days and behave as described in ① to ⑤ below.
- (3) You will be contacted by a public health center or other organization to follow up on your health.

2. If you are entering Japan from a region other than the above (LEVEL 2)

Starting the day after you enter Japan, stand by at the specified location for 14 days and behave as described in ① to ⑤ below.

- ① Do not leave the specified location for 14 days, and avoid contact with other people as much as possible.
- ② Do not use public transport.
(This includes trains, buses, taxis, airplanes on domestic lines, and other means of transport used by an unspecified large number of people.)

Fill in the blanks below yourself.

<u>Length of your stay</u> ____ / ____ to ____ / ____	<u>Standby location</u> Ex.: home, hotel, etc.
<u>Length of your stay</u> ____ / ____ to ____ / ____	<u>Standby location</u>

③ Check your health condition every day.

- Take your temperature every day to check whether you have a fever.
- Check whether you have a violent cough, difficulty breathing, or other symptoms.
(Pay attention to the health condition of persons near you as well.)

④ What to do if you end up with a cough, fever, or other symptoms

- Wear a mask and be careful not to infect other people.
- Call the consultation center for returnees and those in close contact with the virus in advance, tell them where you stayed, and then see a doctor at the specified medical institution.

⑤ What to do if you live with family members, etc.

- Please wash your hands frequently and thoroughly.
- Make sure to get enough sleep and nutrients.
- If someone in your family, etc. is feeling unwell, the people around the person should also wear masks and should limit the number of people with whom they come into contact.

If you have any uncertainties about infection with the new type of coronavirus, please telephone the following number:

Contact telephone number for consulting the Ministry of Health, Labour and Welfare: 0120-565653

★ Search for a consultation center for returnees and those in close contact with the virus here: →



★ Search for medical institutions that offer foreign language support here: →



Quarantine officer
signature



Quarantine Station

Ministry of Health, Labour and Welfare

<input type="checkbox"/> R	<input type="checkbox"/> B	<input type="checkbox"/> Ship	<input type="checkbox"/> レベル3
<input type="checkbox"/> Diplomat		<input type="checkbox"/> SOFA	
<input type="checkbox"/> ()	<input type="checkbox"/> レベル2

Name	
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Q. Which country / region have you stayed in within the last 14 days?

Country name ()

2020/11/01

Area	Country(Infectious disease risk information level 3)
Asia	Indonesia, Philippines, Malaysia, Maldives, India, Pakistan, Bangladesh, Nepal, Bhutan, Myanmar
Europe	San Marino, Iceland, Andorra, Italy, Estonia, Austria, Netherlands, Switzerland, Spain, Slovenia, Denmark, Germany, Norway, Vatican, France, Belgium, Malta, Monaco, Liechtenstein, Luxembourg, Ireland, Sweden, Portugal, Greece, Slovakia, Czech, Hungary, Finland, Belarus, Bosnia and Herzegovina, Poland, Latvia, Lithuania, United Kingdom, Cyprus, Croatia, Kosovo, Bulgaria, Romania, Albania, Armenia, Moldova, Montenegro, North Macedonia, Serbia, Ukraine, Russia, Azerbaijan, Kazakhstan, Tajikistan, Kyrgyz, Georgia, Uzbekistan
Middle east countries	United Arab Emirates, Iran, Israel, Oman, Qatar, Kuwait, Saudi Arabia, Turkey, Bahrain, Afghanistan, Iraq, Lebanese, Palestine, Jordan
Africa	Egypt, Cote d' Ivoire, Democratic Republic of the Congo, Djibouti, Mauritius, Morocco, Cabo Verde, Gabon, Guinea-Bissau, Sao Tome and Principe, Equatorial Guinea, Ghana, Guinea, South Africa, Algeria, Eswatini, Cameroon, Senegal, Central African Republic, Mauritania, Kenya, Comoros, Republic of Congo, Sierra Leone, Sudan, Somalia, Namibia, Botswana, Madagascar, Libya, Liberia, Gambia, Zambia, Zimbabwe, Malawi, Ethiopia, Nigeria, Rwanda, South Sudan, Tunisia, Lesotho
North America	United States of America, Canada
Central and South America	Antigua and Barbuda, Ecuador, Saint Christopher and Nevis, Chile, Dominica, Dominican Republic, Barbados, Panama, Brazil, Peru, Bolivia, Bahamas, Mexico, Uruguay, Honduras, Colombia, El Salvador, Argentine, Guyana, Cuba, Guatemala, Grenada, Saint Vincent and the Grenadines, Costa Rica, Jamaica, Haiti, Nicaragua, Suriname, Paraguay, Venezuela, Belize, Trinidad and Tobago
Oceania	None

*Areas subject to entry restrictions per the Immigration Control and Refugee Recognition Act of Japan