



Restriction of Movement

Restriction of Movement begins upon arrival to Japan to a SOFA installation. The 14-day count will start from the day following arrival and ends on the 14th day at the same hour as arrival (total of 336 hrs in ROM). SOFA personnel are required to limit close contact with others and must receive a COVID-19 viral test before exiting ROM

Individual/Family

- (a) WILL NOT travel between airports/installation/domicile via public transportation. ONLY GOV, POV, or approved commercial rental vehicle will be used. During transit, personnel will NOT stop for gas, food, restrooms, comfort breaks, etc. where contact with the general public is possible.
- (b) 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.
- (c) WILL NOT come to work or exit their domicile or room during ROM 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).
- (d) WILL NOT conduct any in-person check-in activities while in ROM status, to include Area Orientation Brief (AOB), house hunting, vehicle registrations, personal property/household shipment coordination, school registration, command check-in, etc. Virtual check-in activities are authorized and encouraged.
- (e) 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 daily 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.
- (f) WILL remain in ROM until the return of a negative COVID-19 viral test and the prescribed ROM period has passed. Testing is only required for personnel who have traveled into Japan from another country.
- (g) Exceptions. The only exceptions authorized 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.

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 for the duration of the ROM period.
- (b) Families in the same ROM status do not require separate lodging. Families may conduct ROM together 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) Units will report all members in a ROM status to their respective installations. CNFJ/CNRJ N1 will collect all reports for tracking and reporting to Commander, U.S. Pacific Fleet and Commander, Navy Installations Command. This will be tracked separately from other accounting already submitted to HHQ, i.e., units will continue to submit quarantine, PUI, isolation, etc. per existing guidance.
- (c) The individual unit to which the individual is assigned will arrange and fund separate lodging if needed.
- (d) Immediate supervisors will NOT require individuals to report to their duty location or otherwise disregard the ROM.
- (e) Units are responsible to facilitate all aspects of initial in processing (orders, voucher, etc.)
- (f) Commands are responsible for supporting personnel under ROM; ensure personnel have sufficient clothing, thermometers, emergency non-med PPE, hygiene equipment, food/meals, cleaning supplies, telework equipment if applicable, and means to communicate with medical personnel and the command.