DEPARTMENT OF THE NAVY
COMMANDER US NAVAL FORCES JAPAN
COMMANDER NAVY REGION JAPAN
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23 Dec 21

MEMORANDUM

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

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

Ref: (a) **COMNAVFOR Japan Memo 5000 Ser N00/1893 dtd 22 Dec 21**
(b) **COMUSFJ Force Public Health Order 21-004 dtd 22 Dec 21**
(c) COMNAVREG Japan Memo 5000 Ser N00/0532 dtd 8 Nov 21

Encl: (1) Restriction of Movement Policy for Unvaccinated Personnel dtd **23 Dec 21**

1. Restriction of Movement (ROM) guidance from reference (a) is superseded and canceled by this memorandum. Discontinue distribution of reference (a).

2. All deployed, active, activated reserve and guard component personnel (to include Department of Defense (DoD) civilian and contract personnel IAW their statement of work) deployed to or TDY/TAD to Japan shall be fully vaccinated prior to entry into Japan. This includes operational movement of units, Individual augmentees, and exercise support personnel.

3. All personnel age 2 or older conducting international air travel will be tested with a viral test (PCR or antigen) 72 hours before departure via commercial or military airlift and maintain proof of the negative test during travel with the following exception unless required by the airlines:

a. Individuals recovered from COVID-19 infection within 90 days. 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.

4. All Navy Status of Forces Agreement (SOFA) personnel (including DoD uniformed personnel, members of the civilian component, contractors, and SOFA-status dependents) arriving from any location outside of Japan (whether on Permanent Change of Station, Temporary Additional Duty, or leave) will execute ROM upon arrival in Japan; the duration and conduct of ROM will vary based on the individuals' vaccination status. For unvaccinated travelers, a 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 hours in ROM), and will require a negative viral exit test conducted on or after day 5 in order for the individual to clear ROM. Enclosure (1) provides the updated ROM requirement for unvaccinated personnel. For vaccinated travelers, a **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** hours in ROM), and will require a negative viral exit test conducted on or after day 5 in order for the individual to clear ROM. **Individuals will wear a mask in all public areas and U.S. DoD facilities until receipt of a negative viral test on or after day 5 from a United States Government (USG) test administered in Japan. An international entry test at a commercial airport does not meet this requirement.** If the viral test is positive, all personnel will transition to an isolation status. Additionally, all personnel arriving from any location outside of Japan shall not utilize public transportation, to include domestic air travel, until 14 days after arrival. All personnel, regardless of vaccination status, who test positive at commercial ports of entry in Japan will isolate on a U.S. installation until the cognizant Public Health Emergency Officer (PHEO) or Competent Medical Authority (CMA) approves an alternate plan.

5. All Navy SOFA personnel shall conduct their quarantine, isolation, or ROM on U.S. SOFA installations or at their established quarters off installation in the vicinity of their primary duty station. Installation Commanders and tenant commands shall ensure compliance with all quarantine, isolation, and ROM measures. CMAs are responsible for informing and discussing with personnel the requirements associated with the proper conduct of isolation.

6. 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. 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.

c. Holding period. A period of time during which personnel are restricted to U.S. 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. Personnel residing off installation shall conduct home-to-installation transit only (POV/GOV); **cycling and walking are only authorized for vaccinated members,** with no other stops permitted. Use of any form of public/mass transit is not authorized until 14 days after arrival. 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.

d. 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.

e. Public health officials. Either the PHEO or CMA assigned primary medical oversight of units and organizations at a particular installation.

7. Policies for Non-Vaccinated / Partially-Vaccinated Personnel

a. Travel ROM for non-vaccinated and partially-vaccinated asymptomatic personnel will consist of a 14-day holding period, of which the first 7 days will include restriction to domicile or lodging location in accordance with enclosure (1). Personnel will be required to take a viral test on or after day 5 of their travel ROM. **Individuals will wear a mask in all public areas and U.S. DoD facilities until receipt of a negative viral test on or after day 5 from a USG test administered in Japan. An international entry test at a commercial airport does not meet this requirement**. If test is negative, the individual may exit their domicile/lodging restrictions after day 7, but will remain subject to the holding period conditions until completion of the prescribed 14-day travel ROM period.

b. A non-vaccinated or partially-vaccinated person who subsequently becomes a close contact with a known positive will immediately transfer into a quarantine status. Public health officials are responsible for verifying vaccination status and making this close contact determination, and will notify command leadership (unit CO/OIC/Director or CDO) of those determined to be close contacts. 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 but no later than 24 hours after notification by public health officials. Personnel in quarantine will be tracked by public health officials and cleared from quarantine at the discretion of the cognizant PHEO or CMA, typically 7 days from last contact with a known positive. Release from quarantine at day 7 is contingent on the individual remaining asymptomatic and obtaining a negative exit test no earlier than quarantine day 5. Release notifications will be sent by public health officials to command leadership, who remain responsible for notifying personnel of their release.

c. Unvaccinated personnel age 5 years and older who cohabitate with anyone in travel ROM, holding period, or quarantine will also be placed in a matching status for the duration of their cohabitant's travel ROM, holding period, or quarantine. Once personnel placed into a travel ROM, holding period, or quarantine status are cleared and released from their designated status, cohabitants in a matching status shall be released from their restrictions as well. Cohabitants of personnel placed into matching travel ROM or quarantine status do not require testing if the personnel initially placed into travel ROM or quarantine tests negative. Unvaccinated personnel age 5 years and older who cohabitate with personnel placed into isolation, but are not determined to be a close contact, will still be placed into quarantine status and will follow quarantine guidance in paragraph 6.b. This policy does not apply to fully vaccinated cohabitants or to cohabitants age 4 years or under.

8. Policies for Fully-Vaccinated/Immunized Personnel

a. Travel ROM for fully-vaccinated/immunized asymptomatic personnel will consist of a **14-day** holding period. Personnel will be required to take a viral exit test on or after day 5 of their travel ROM and must be in receipt of a negative result in order to clear the holding period on day 14.

Individuals will wear a mask in all public areas and U.S. DoD facilities until receipt of a negative viral test on or after day 5 from a USG test administered in Japan. An international entry test at a commercial airport does not meet this requirement.

b. Fully vaccinated individuals in receipt of a negative COVID-19 arrival test administered in Japan, by either Military Treatment Facility (MTF) or approved commercial means (to include Japanese testing conducted at commercial international airports), are authorized off installation to conduct essential services while in a holding period. For the purpose of this exemption, essential services are limited to those services that cannot be reasonably deferred until completion of the entire required holding period, and no equivalent services are available on installation (non-elective/urgent medical/dental/veterinary appointments, business with municipal government offices, payment of bills/taxes, etc.). POV, cycling, and walking are the only authorized means of transit. Public transportation, house hunting, restaurants, bars/clubs, and amusement parks/concerts are specifically prohibited. All personnel eligible for this exception are still required to be in receipt of a negative exit test result in order to clear the holding period on day 14.

c. Fully-vaccinated/immunized personnel who subsequently become a close contact with a known positive are not required to quarantine but will be placed in a holding period. Public health officials are responsible for verifying vaccination status and making this close contact determination, and will notify command leadership (unit CO/OIC/Director or CDO) of those determined to be close contacts. Commands/organizations will notify their personnel (including dependents of their assigned personnel) of close contact status and placement into 7-day holding period as soon as possible but no later than 24 hours after notification by public health officials. The 7-day holding period begins on the date of last close contact. Fully-vaccinated personnel in the holding period will be tracked by their command only. 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. Vaccinated close contacts should avoid activities with higher than normal risk of transmission (e.g dental work, contact sports, food preparation, choir practice, etc.) and limit contact with unvaccinated individuals until the completion of their 7-day holding period.

9. Policies for Personnel Testing Positive

a. Individuals testing positive for COVID-19 will immediately transfer into an isolation status. They should avoid contact with others until cleared from isolation, which is typically 10 days from symptom onset or 10 days from positive test result if asymptomatic.

b. Public health officials will notify them and their commands/organizations of their result, screen them for symptoms of concern, and conduct contact tracing. Public health officials will also screen them again prior to release from isolation, to ensure that they meet clinical criteria for release. Release notifications will be sent by public health officials to command leadership (unit CO/OIC/Director or CDO), who remain responsible for notifying personnel of their release.

c. 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. Upon full recovery and release from isolation, personnel are considered recovered positives and are not subject to additional restrictions unless they are unvaccinated and still within 14 days of arriving in Japan, in which case they will complete the remainder of their 14-day travel ROM in a holding period.

10. Policies for Recovered Positive Personnel

a. Recovered positives who travel to Japan are subject to ROM based on their vaccination status as described above; 14 days for fully-vaccinated/immunized personnel, and 14 days for non-vaccinated / partially-vaccinated personnel. Recovered positives are exempt from all testing requirements, upon verification of their status by public health officials. **Individuals, who are fully vaccinated but are within 90 days of a positive SARS CoV-2 test, will wear a mask in all public areas and U.S. DoD facilities until cleared through appropriate medical authority**.

b. Recovered positive personnel who subsequently become a close contact with a known positive are not required to quarantine but will be placed in a holding period. Public health officials are responsible for verifying recovered positive status and making this close contact determination, and will notify command leadership (unit CO/OIC/Director or CDO) of those determined to be close contacts. Commands/organizations will notify their personnel (including dependents of their assigned personnel) of close contact status and placement into 7-day holding period as soon as possible but no later than 24 hours after notification by public health officials. The 7-day holding period begins on the date of last close contact. Recovered positive personnel in the holding period will be tracked by their command only. 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. Recovered positive close contacts should avoid activities with higher than normal risk of transmission (e.g. dental work, contact sports, food preparation, choir practice, etc.) and limit contact with unvaccinated individuals until the completion of their 7-day holding period.

11. Policies for MLC, IHA, and Other Non-SOFA Employees that Work Aboard U.S. SOFA Installations

a. These personnel do not fall under the Commander, U.S. Naval Forces Japan (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).

b. Per reference (b), these employees – if unvaccinated and placed into quarantine or put on administrative leave due to close contact with a known positive – should undergo post-quarantine testing no earlier than day 5 of their quarantine period. Personnel must complete their

quarantine or administrative leave period and have a negative test result prior to returning to work aboard a U.S. SOFA installation.

c. These employees may be placed in quarantine by Japanese authorities even if fully vaccinated. If so, they must complete their quarantine period prior to returning to work. If fully vaccinated, however, no post-quarantine testing is required prior to returning to work aboard a U.S. SOFA installation.

12. Navy Installation Commanders, U.S. Navy Medicine Readiness and Training Center Commanding Officers, U.S. Navy Medicine Readiness and Training Unit Officer in Charge, and/or supporting Military Treatment Facility Commanders in Japan shall develop and implement procedures to ensure personnel in ROM undergo COVID-19 testing prior to exiting ROM status per reference (b).

13. Travelers to Singapore and Diego Garcia arriving from any location are also subject to ROM. The Singapore Area Coordinator shall establish local ROM procedures to meet the host nation's ROM requirements. Navy Support Facility Diego Garcia will adhere to reference (c) for minimum ROM requirements.

14. Navy SOFA personnel who are not stationed on DoD installations shall adhere to ROM 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.

15. Exceptions to Policy (ETPs). Deviations from the above procedures will be routed as an Exception to Policy (ETP) request. ETP requests should be submitted as a last resort, where no viable option exists for meeting prescribed ROM 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, and during execution must wear a mask, 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

16. 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

All SOFA personnel that are NOT FULLY VACCINATED shall travel directly to their residence or U.S. military lodging and remain there for an initial ROM period of 7 days (168 hrs after arrival in the Japan AOR). This will be followed by a 7-day period (days 8 through 14, total of 168 hrs) of restriction to their associated U.S. installation for a total of 14 days of ROM (336 hrs). Use of public transportation is not permitted during this 14-day ROM period.

Unvaccinated Individuals

(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 the initial 7-Day 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 **during the initial 7-Day ROM**, 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.

(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) On or after day 5 of ROM, all individuals WILL be required to have a negative SARS-CoV2 test to complete the initial 7 day ROM. All personnel must remain in their domicile for the full 7 days except to complete ROM exit testing requirements.

(g) Days 8 through 14, the individual may have access to all on-installation facilities. For those whose domicile is off-installation, they must remain either in their domicile or on their assigned installation, or travel in a direct route between the two in a POV/GOV (use of mass transit, cycling, or walking is not authorized between domicile and installation).

(h) Individuals will wear a mask in all public areas and U.S. Department of Defense facilities until receipt of a negative viral test on or after day 5 from a United States Government (USG) test administered in Japan. An international entry test at a commercial airport does not meet this requirement.

(i) 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.

Restriction of Movement

(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.