

RESTRICTION OF MOVEMENT (ROM) HANDBOOK



A reference handbook for new arrivals entering Japan, including guidelines, resources, and what to expect throughout the Restriction of Movement (RoM) period.

8 October





U.S. ARMY JAPAN RoM HANDBOOK



MG Joel B. (JB) Vowell
Commanding General,
U.S. Army Japan

WELCOME TO JAPAN

On behalf of the U.S. Army Japan, it is our pleasure to welcome you to Camp Zama. Welcome to the Army's home in the Land of the Rising Sun. We are excited to have you as a member of the "USARJ Family." This will be a unique and rewarding assignment as our team is a dynamic and critical piece to operations across the Pacific. "ICHI DAN."



CSM Jerry L. Dodson
Command Sergeant Major,
U.S. Army Japan

You are arriving at an uncertain time as the world faces the threat of COVID-19, but rest assured that you are in good hands. Our warriors are working around the clock to make the arrival and Restriction of Movement (RoM) process as seamless as possible without sacrificing safety for you, your family, and every other member of the team.

Due to COVID-19 policies, SOFA personnel arriving in Japan are restricted to a military installation for 10-14 days. Personnel with a final destination of **Okinawa** will also be required to RoM, but IAW Government of Japan Policy must wait one extra day before being allowed to board a follow on commercial flight to Okinawa. This handbook will answer many of the questions you may have regarding RoM. For all other questions regarding normal in-processing, please visit: <https://home.army.mil/japan/index.php>.

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FULLY VACCINATED ASYMPTOMATIC (10 Days)

- o Full access to US Installation(s) and all amenities for 10 days with the following criteria:
 - o Must remain asymptomatic for 10 days
 - o Receive a test on or about day 5
- o Individuals, whose domicile is off-installation or located at an U.S installation other than their assigned location, may conduct travel non-stop between their domicile and place of work on a U.S. installation via POV/GOV for days 6-10 after receiving a negative test result from MEDDAC-J. Off-installation the use of mass transit, cycling, or walking is not authorized.

NON-VACCINATED ASYMPTOMATIC (14 Days)

- o RoM for 10 days; receive a test between day 8-10; Restricted to US Installations days 11-14
 - o Must remain asymptomatic for 14 days
 - o Must remain in domicile/RoM location until released by the unit representative. Must have a negative test result from MEDDAC-J
 - o If test is negative, the individual may exit their ROM restrictions but will remain on the U.S. installation through the 14th day with freedom to move around the installation and use all amenities.
 - o Personnel who conduct their ROM off a U.S. installation at their personal residence, and tested negative, may travel solely to and from their personal residence to the installation via POV and have full access of the installation days 11 through 14.
 - o May not interact with non-vaccinated personnel who are not in RoM during the first 10 days.

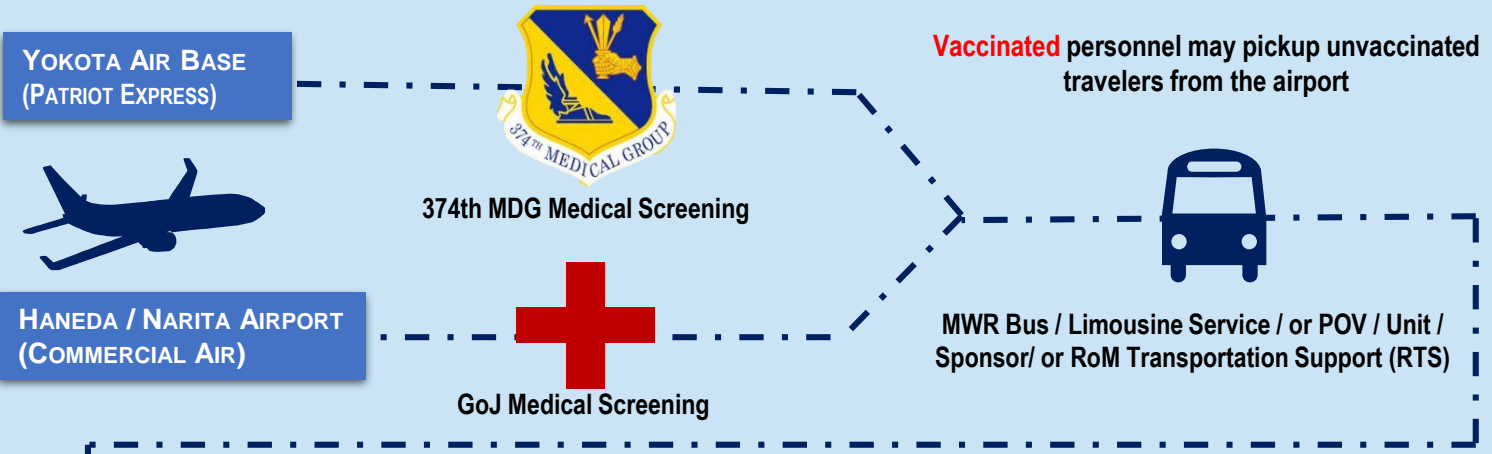




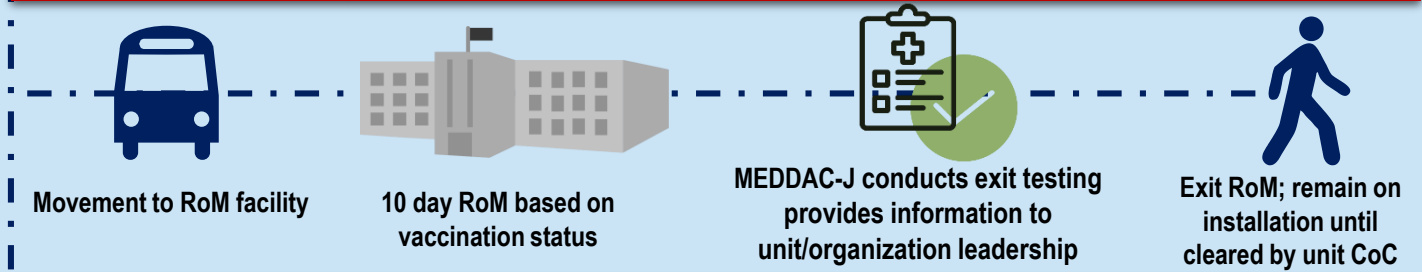
OVERVIEW OF RoM PROCEDURES FINAL DESTINATION **HONSHU**



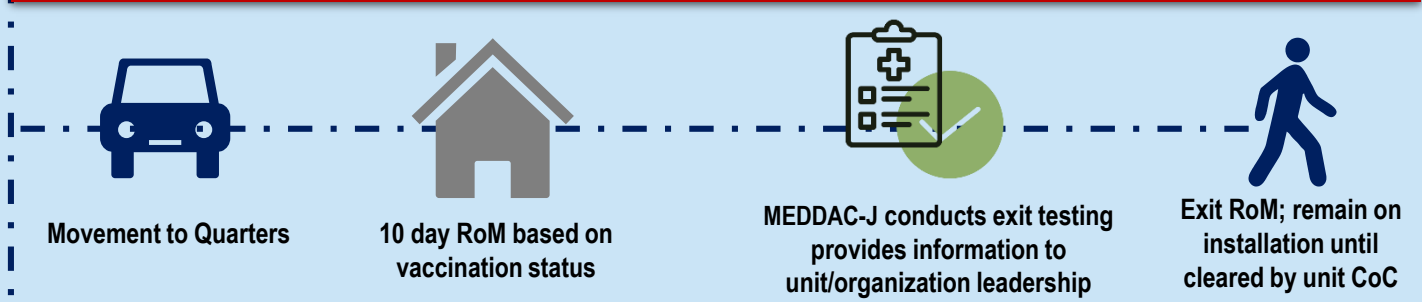
ALL SOFA -AFFILIATED PERSONNEL ARRIVING TO CAMP ZAMA FROM OVERSEAS ARE RESTRICTED TO A MILITARY INSTALLATION FOR 10-14 DAYS.
FOLLOW RoM PROCEDURES ON PAGE 3 OF THIS HANDBOOK



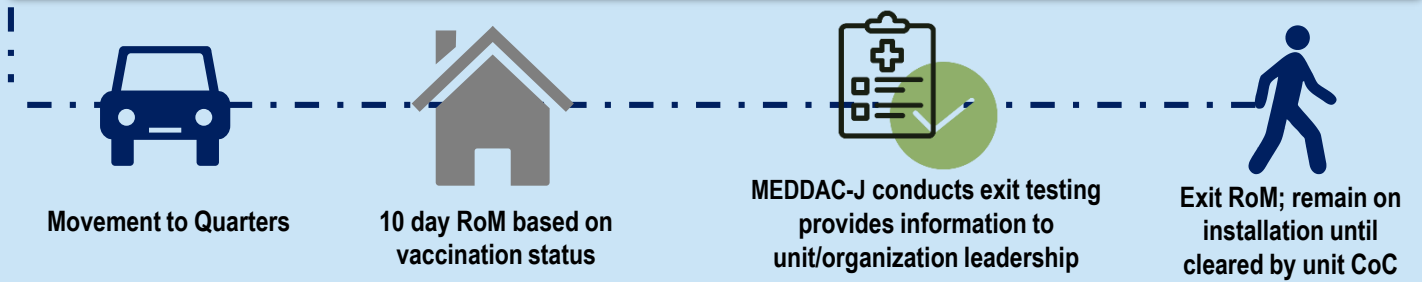
NEWLY ARRIVING TO JAPAN (PCS/TDY) – LIVING OFF POST OR QUARTERS NOT AVAILABLE UPON ARRIVAL



NEWLY ARRIVING TO JAPAN (PCS) – LIVING ON POST WITH QUARTERS AVAILABLE UPON ARRIVAL



RETURNING TO JAPAN (LEAVE//TDY)



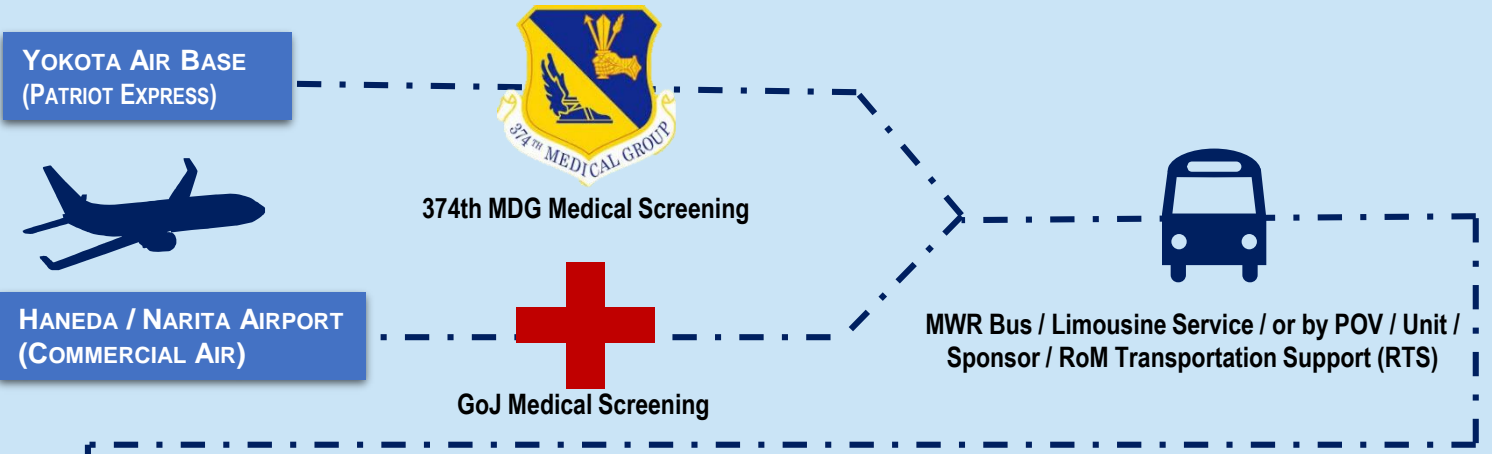
COORDINATE WITH YOUR UNIT/SPONSOR IN ADVANCE OF YOUR ARRIVAL TO CONFIRM YOUR PLAN. IF YOU DISPLAY SYMPTOMS OF COVID-19, YOU WILL BE TAKEN TO MEDICAL FOR TESTING. CONTACT YOUR CHAIN OF COMMAND WITH ANY QUESTIONS.

OVERVIEW OF RoM PROCEDURES

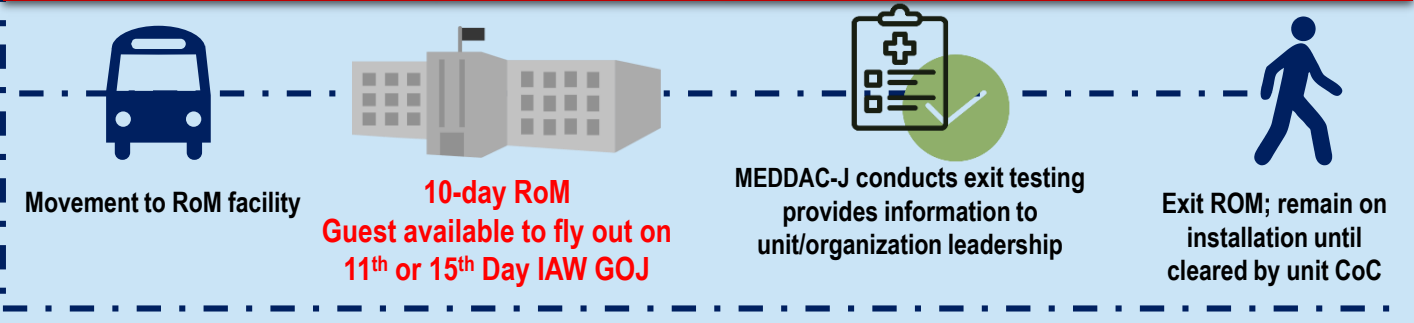
LANDING IN JAPAN FINAL DESTINATION **OKINAWA**



ALL SOFA -AFFILIATED PERSONNEL ARRIVING TO CAMP ZAMA FROM OVERSEAS ARE REQUIRED TO CONDUCT A 14-DAY RoM. AFTER COMPLETION OF 14-DAY RoM, MEDDAC-J WILL NOTIFY MEMBERS UNIT.



FINAL DESTINATION OKINAWA (COMMERCIAL FLIGHT) BUT REQUIRING RoM IN JAPAN



MIL-AIR REQUEST RoM



- 1) Prior coordination needs to be made from Sponsoring Unit to 10th SG (DSN: 315-652-5490)
- 2) A negative test result from Haneda or Narita Airport needs to be sent to 10th SG and USAG Japan EOC.
- 3) Method of transportation to Yokota Air Base is unit sponsor or RTS support.
- 4) If traveler cannot board due to occupancy they will be required to return back to Camp Zama (same room) to complete RoM.
- 5) Seats are not guaranteed prior to checking in at Yokota.

COORDINATE WITH YOUR UNIT/SPONSOR IN ADVANCE OF YOUR ARRIVAL TO CONFIRM YOUR PLAN. IF YOU DISPLAY SYMPTOMS OF COVID-19, YOU WILL BE TAKEN TO MEDICAL FOR TESTING. CONTACT YOUR CHAIN OF COMMAND WITH ANY QUESTIONS.




LANDING IN JAPAN




SOFA arrivals will be escorted to a screening area for a COVID-19 testing.

For those above **100.4°F (38°C)**


All personal baggage will be held during testing. Est time 1-2hrs. After COVID-19 test is administered, SOFA personnel and baggage will be released via the normal customs process.

Medical personnel will be on-site to conduct a secondary screening




Japan Customs



Bus / Limo

OR



POV / Unit / Sponsor



CAMP ZAMA

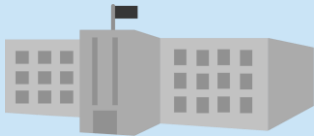
NOTE: Arrivals to Haneda/Narita Airport will need to provide an email address to which COVID-19 test results will be emailed. Please provide an email address that you can access from your RoM location. Results will ordinarily be emailed in 1-2 days.



IMPORTANT PHONE NUMBERS:
 Yokota Passenger Terminal: 011-81-3117-55-7111
 USARJ EAC: 263-3123 USARJ STAFF DUTY: 090-3579-6967



ENTERING RoM



SERVICE MEMBERS AND FAMILIES WILL BE RESTRICTED TO POST FOR 10 OR 14 DAYS. DURATION OF RoM DIFFERS BASED ON VACCINATION STATUS (SEE PAGE 3 OF THIS HANDBOOK)

THIS TIME MAY BE EXTENDED IF ANY PERSON IN RoM IS FOUND IN VIOLATION OF THE RoM DIRECTIVE. VIOLATIONS OF THE DIRECTIVE REQUIRE UNIT REPORTING TO THE CG PER GO#1.

A restriction of movement (RoM) directive will be issued to you upon arrival at your RoM location that details what you can and can't do for the next 10-14 days. The acknowledgement sheet will be scanned and sent to the inboxes listed. If you do not receive a ROM directive call the USARJ EOC at DSN 262-7099 or 046-407-7099.

Violations of the RoM directive are a violation of a lawful order and constitute a USARJ GO#1 violation **requiring mandatory reporting to the Commanding General** in accordance with GO#1. Military members who violate the directive are subject to UCMJ proceedings the administrative actions listed in this paragraph for non-military members. Non-military personnel who violate the directive may be subject to adverse employment action (if applicable), and possible loss of command sponsorship, loss of access to installation facilities, debarment, and an early return of dependents.

ITEMS, SUPPLIES, DAILY NECESSITIES

- All items and daily necessities while in RoM will need to be coordinated through your individual Unit Sponsors

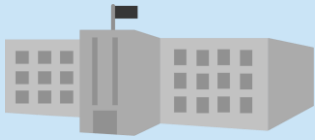


No face to face contact will be allowed with anyone outside of medical personnel and your family until you receive a negative test result and are released by your unit.

While you are in RoM you are **prohibited** from leaving your ROM location except when following the approved policies as described on **pages 3, 12 - 13** of this handbook.



ENTERING RoM - LODGING



RoM at Lodging

SERVICE MEMBERS AND FAMILIES WILL BE RESTRICTED TO POST FOR 10-14 DAYS. DURATION OF RoM DIFFERS BASED ON VACCINATION STATUS (SEE PAGE 3 OF THIS HANDBOOK)

THIS TIME MAY BE EXTENDED IF ANY PERSON IN RoM IS FOUND IN VIOLATION OF THE RoM DIRECTIVE. VIOLATIONS OF THE DIRECTIVE REQUIRE UNIT REPORTING TO THE CG PER GO#1.



No face to face contact will be allowed with anyone outside of medical personnel and your family until you receive a negative test result and are released by your unit.



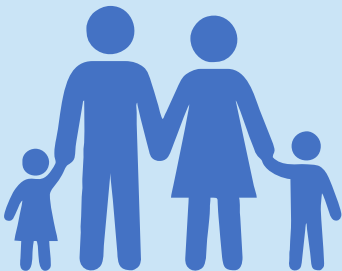
Wi-Fi will be available in all RoM facilities. It is highly recommended that SM and families download messaging platforms like WhatsApp, Microsoft Teams, Google Hangouts, etc. to facilitate contact with CONUS family members and military sponsors.



Your room has been disinfected prior to your arrival in accordance with MEDDAC-J guidelines for preventing the spread of COVID-19.



Each room in lodging will be provided with hand and dish soap. If any of these supplies are not present or run out during your stay, please notify the lodging front desk.

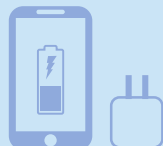


Personnel in RoM in the Camp Zama Lodge, Hardy Barracks, UPH or your unit's barracks you are **prohibited** from leaving your room except when following the approved policies as described on **pages 3, 12 - 13** of this handbook.

RECOMMENDED PACKING LIST • ITEMS NOT PROVIDED



HYGIENE KIT



TABLET/PHONE W/ CHARGER



PRESCRIPTIONS



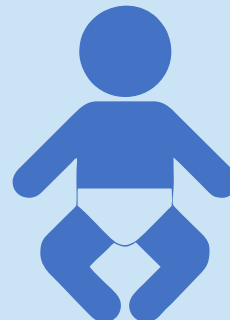
14 DAYS WORTH OF CLOTHES



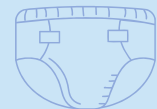
CLOROX WIPES



DIETARY ITEMS



BABY REQUIREMENTS



DIAPERS



WIPES



FORMULA



ENTERING RoM - HOUSING



SERVICE MEMBERS AND FAMILIES WILL BE RESTRICTED TO POST FOR 10-14 DAYS. DURATION OF RoM DIFFERS BASED ON VACCINATION STATUS (SEE PAGE 3 OF THIS HANDBOOK)

THIS TIME MAY BE EXTENDED IF ANY FAMILY MEMBER IS FOUND IN VIOLATION OF THE RoM DIRECTIVE WILL BE REPORTED FOR A RoM VIOLATION TO THE CG PER GO #1

FAMILIES WITH PETS WITH THEM WHILE IN RoM AND OUTDOOR RECREATION AREA:

Procedures while outside:

- Wear your mask at all times.
- Avoid contact with individuals outside of your immediate family.
- Pets must be leashed and stay within the designated residential yard boundary to relieve themselves. The residential yard boundary is defined as the occupant's "lawn area" that extends to either the sidewalk or a driveway or to the midpoint between your and your neighbor's house but in no case nor further than 50 feet from the residence.

- Individuals that reside in their personal residence with gated patios or fenced in yards are permitted to go outside **while wearing a mask** and remain within the designated space.
- Individuals whose backyard patio is not gated and those in the towers, are permitted to go outside **while wearing a mask** and remain in the designated patio/balcony space of the home.
- Individuals may recreate outside during the **2000-0400** time window. SHA residents may run on any sidewalk between **2000-0400**.
- Individuals should not interact and must maintain social distancing with community members or passersby while outside.

ITEMS, SUPPLIES, DAILY NECESSITIES

- All items, supplies, and daily necessities while in RoM will need to be coordinated through your individual Unit Sponsors.



RoM – RETURN FROM TDY/LEAVE



RoM at Housing

SERVICE MEMBERS AND FAMILIES WILL BE RESTRICTED TO POST FOR 10-14 DAYS. DURATION OF ROM DIFFERS BASED ON VACCINATION STATUS (SEE PAGE 3 OF THIS HANDBOOK)


RoM CAN BE CONDUCTED IN A PERSONAL RESIDENCE IF THE BELOW GUIDELINES CAN BE FOLLOWED.

NON-VACCINATED PERSONNEL IN RoM IN A PERSONAL RESIDENCE OR BARRACKS WHEN RETURNING LEAVE OR TDY:

- MUST HAVE SEPARATE BATHROOM, BEDROOM, AND KITCHEN FACILITIES FROM **NON-VACCINATED** FAMILY MEMBERS WHO ARE NOT IN RoM STATUS.

VACCINATED PERSONNEL MAY RoM IN A PERSONAL RESIDENCE OR BARRACKS WHEN RETURNING LEAVE OR TDY WITH NO RESTRICTIONS PERTAINING TO SHARED FACILITIES

- Individuals that reside in their personal residence with gated patios or fenced in yards are permitted to go outside **while wearing a mask** and remain within the designated space.
- Individuals whose backyard patio is not gated and those in the towers, are permitted to go outside **while wearing a mask** and remain in the designated patio/balcony space of the home.
- Individuals may recreate outside during the **2000-0400** time window. SHA residents may run on any installation sidewalk between **2000-0400**.
- Individuals should not interact and must maintain social distancing with community members or passersby while outside.



For non-vaccinated personnel, no face to face contact will be allowed with anyone outside of medical personnel and your family

ITEMS, SUPPLIES, DAILY NECESSITIES

- For non-vaccinated personnel, please identify a person who can provide all items, supplies, and daily necessities.



DAY-TO-DAY LIFE IN RoM



WHAT TO DO: I'M SICK

CALL MEDDAC-J FIRST!

You are required to contact medical personnel once you experience any signs or symptoms.



**Duty hours: 315-263-4128
or 046-407-4128**

COVID-19 SYMPTOMS:

- Fever
- Chills
- Muscle ache
- Headache
- Diarrhea
- Sore throat
- Loss of taste/smell
- Cough
- Difficulty breathing
- Vomiting

Single Soldiers will be provided three hot meals per day from the DFAC coordinated through Unit Sponsor.

GS Civilians and Dependents can receive hot meals from the DFAC at own expense coordinated through Unit Sponsor. All meals will be delivered by your Sponsor.

DFAC Hours: M-F

Breakfast: 7:30-9:00 a.m.

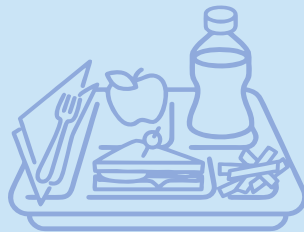
Lunch: 11:30 a.m.-1300 p.m.

Dinner: 1700-1830 p.m.

DFAC Hours: Sat-Sun & Holidays

Brunch: 0900-1300

Supper: 1700-1800



Smoking is not permitted in RoM facilities. Nicotine patches are available through MEDDAC-J. Please coordinate through unit sponsor for further details.



You can coordinate through unit sponsor to purchase any items from Camp Zama Post Exchange (PX) during your stay.



A chaplain or Military and Family Life Counselor (MFLC) is available. 24/7.

**Camp Zama On-Call
Chaplain at 263-3123 or 046-407-3123**

CAMP ZAMA Bowling Center	CAMP ZAMA Golf Course	CAMP ZAMA Community Club (CZCC)
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You may also order takeout for delivery from on-post restaurants. Takeout orders will be delivered to the lodging front desk, who will distribute it to you. **CAMP ZAMA only.**

Delivery Time / Schedule:

Golf Course: Mon-Sun: 1100-1600 DSN: (315-263-7441)

CZCC: Mon-Sun: 1100-1930 DSN: (315-263-4805)

Bowling Center: Mon-Sun: 1130-1830 DSN: (315-263-4780)

**CALLING A DSN FROM JAPAN CELL:
START WITH 046-407+LAST 4 DIGITS OF THE DSN LINE**



RECREATION, LAUNDRY, SMOKING



Fully vaccinated personnel in RoM may exercise **outside** at **any time of day** provided you are asymptomatic and follow the guidelines at the bottom of this page

Unvaccinated Personnel in RoM

Unit Barracks and Unaccompanied Housing

- Must have **negative COVID test** result from Airport
- Only available during the **2000-0400** time window
- 30 minutes per person or family
- Maintain Social Distancing at all times

Camp Zama Lodge and Hardy Barracks

- Must have **negative COVID test** result from Airport
- Only available during the **2200-2400** time window
- 30 minutes per person or family
- Maintain Social Distancing at all times

Army Family Housing and Off Base Residence:

Outdoor recreation is limited to your porch, balcony, or residential property between **2000-0400** as described in page 9 of his handbook. You may walk/run from **2000-0400** with a **negative COVID test**.

Time restrictions may be lifted with a negative RoM exit test after day 10 (unvaccinated). Contact your unit sponsor for more information.

Laundry:

Consult your unit leadership, building CQ, or the lodging staff for the laundry policy applicable to your building. Laundry is not available to RoM guests in some buildings. **You are not authorized to leave your RoM location to do laundry without authorization.**

Smoking:

Pages 24-25 of this handbook provides smoking cessation resources. If you choose to use your 30 minute recreation period to smoke you must use the designated smoking area of your building. You must maintain social distancing and, as a courtesy, please inform others that may be present in the smoking area of your RoM status.

- Wear a mask while inside your building and while transiting to/from the recreation route or smoking area.
- Maintain social distancing at all times.
- Practice hand hygiene before and after recreating.



PET PROCEDURES



For the Camp Zama Army Lodge, incoming pets will reside in RoM areas with their families with official documents.

(Service dogs ONLY!)

Cats are permitted in pet friendly rooms.

If pet friendly rooms are not available, pets will be boarded at cost at the Camp Zama Kennels (information needs to be provided 30 days prior to arrival).



Dogs: Cost per day

- \$15 per day (One Dog)
- \$20 per day (Two Dogs)
- \$25 per day (Three Dogs)

Cats: Cost per day

- \$13 per day (One cat)
- \$20 per day (Two cats)

<https://zama.armymwr.com/programs/pet-care-center-kennels>

All pets must be registered with the installation Veterinary Treatment Facility (VTF) by phone upon arrival to Camp Zama.

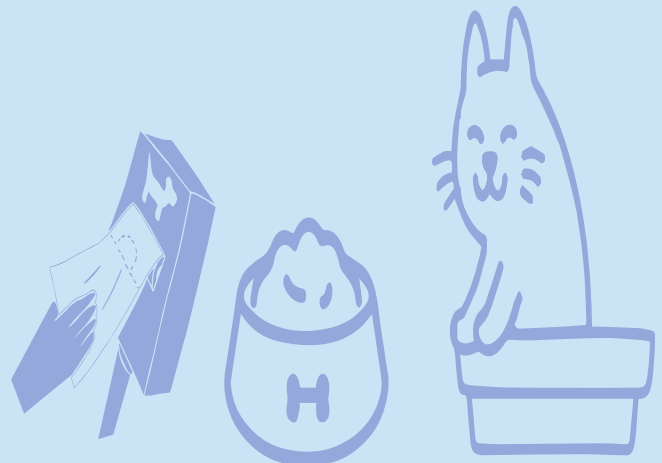
All pets will be required to report to the VTF within 72 hours of the owner completing RoM for an import rabies quarantine exam or to be released from Government of Japan Rabies Quarantine if applicable.

Telehealth or urgent veterinary care can be arranged through the VTF with the help of your unit sponsor and a caretaker designation form. After hour animal emergencies involving life, limb, or eyesight will need to be seen at an off base civilian clinic with the help of your unit sponsor.



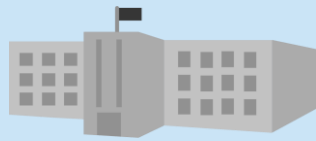
Owner's are responsible for providing all pet supplies (food, cat litter / pet waste bags, etc.) and any additional cleaning measures for the room upon discharge.

Please provide all immunization and Kennel boarding documentation on arrival to pet kennel.





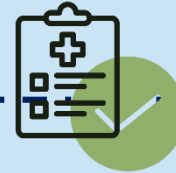
OUT PROCESSING RoM



RoM Facility



Quarters



MEDDAC-J conducts exit testing
provides information to
unit/organization leadership

CLEARING CHECKLIST

✓	IF <u>NO COVID-19</u> SYMPTOMS FOR DURATION OF 10 OR 14-DAY RoM:
✓	MEDDAC-J WILL NOTIFY MEMBERS UNIT OF TEST RESULT.
✓	CHAIN OF COMMAND CONTACTED.
✓	CLEAN PERSONAL QUARTERS (SEE PAGE 20 FOR GUIDE).
✓	RELEASE TO UNIT FOR INPROCESSING.



Clearing Checklist



Clean Personal Quarters



Release to Unit for
Inprocessing



NOTES/RESOURCES



ITEMS AVAILABLE IN LODGING



MINI FRIDGE



MICROWAVE



COFFEE MAKER



CRIBS



PLATES/CUPS



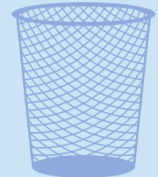
POTS/PANS

Camp Zama Lodging Website:

<https://zama.armymwr.com/programs/zama-army-lodging>

CAMP ZAMA LODGING STANDARD OPERATING PROCEDURE (SOP)

- When handling any linen, trash, other items that are removed from a RoM room, mask and gloves will be worn. Masks will be changed out every 5 days. Gloves will be changed after the RoM room items have been moved.
- Every 7th day Lodging will provide 2 set of towels (per individual) in a bag with extra bags. Individual will double bag the towels and leave the bag in the room. Lodging member will knock on the door; leave the items in front of the door, at 11:00.
- On day 7, 1 set of sheets/pillow cases will be in the same plastic bag with the towels.
- Lodging will collect all the laundry once the 14 day RoM is completed.
- Lodging will pick up trash and recyclables every Monday, Wednesday and Friday at 1030. The individual will double bag and tie all bags. Bags will be left outside of their room door. Lodging Team, will pick these items up at 1030. Additional bags for the individual will be provided in the bag with towels. The individual can retrieve this after the Lodging member has departed the area.



A copy of the lodging SOP for RoM will be provided upon arrival.

ADDITIONAL RESOURCES

- USFJ Facebook: <https://www.facebook.com/USForcesJapan/>
- USARJ Facebook: <https://www.facebook.com/USARJ/>
- USAG Japan: <https://www.facebook.com/USAGJ/>
- Camp Zama MWR: <https://zama.armymwr.com/programs/>
- DoDEA registration: <https://www.dodea.edu/ZamaAmericanMHS/>
- Crisis online chat: www.VeteransCrisisLine.net/Get-Help/Chat
- AAFES Food Delivery: <https://aafesprem.imenu360.com/map/map.html>
- Camp Zama Golf Course: <https://zama.armymwr.com/programs/golf-club>

On-Call Chaplain	315-263-3123 or 046-407-3123
MEDDAC-J	315-263-4128 or 046-407-4128
Zama Lodging	315-263-3830 046-407-3830
USARJ EAC	315-263-3123 or 090-3579-6967
USARJ Staff Duty	315-263-3123 or 090-3579-6967

WEARING YOUR MASK/FACE CLOTH

TIE/LOOP THE STRAPS AROUND YOUR HEAD OR OVER THE EARS
ENSURE IT COVERS NOSE AND MOUTH FULLY



FOR CLOTH MASK, WASH DAILY

WASH HANDS BEFORE PUTTING IT ON AND TAKING IT OFF

DO NOT TOUCH MASK WHILE USING • ONLY USE FOR AGES 2 AND UP



MIL/CIV/FAMILY
ON/OFF-BASE:

WORN WHEN 6 FEET OF SOCIAL
DISTANCE CANNOT BE ACHIEVED



WEAR AT ALL TIMES



POST EXCHANGE • FOOD COURT • COMMISSARY
SHOPPETTE • BANKS • POST OFFICE



STAY VIGILANT

CONTINUE:

WASHING HANDS • SOCIAL DISTANCE
AVOIDING HOTSPOTS



BE READY TO FIGHT TONIGHT!

STRESS & RESILIENCE

























MANAGING STRESS AND BUILDING RESILIENCE

TECHNOLOGY IS AMAZING. USE IT TO STAY CONNECTED WITH FRIENDS, FAMILY, AND PEERS WHILE IMPLEMENTING DISTANCING PRECAUTIONS.



YOU CAN ALSO USE IT TO FINE TUNE YOUR PSYCHOLOGICAL HEALTH – CHECK OUT THE FOLLOWING MOBILE PHONE APPS RECOMMENDED BY THE DEFENSE HEALTH AGENCY (DHA):

MOBILE RESOURCES

- | | | | |
|--|---|--|---|
| <input type="checkbox"/>  ACT Coach* | <input type="checkbox"/>  CPT Coach* | <input type="checkbox"/>  Moving Forward* | <input type="checkbox"/>  Stay Quit Coach* |
| <input type="checkbox"/>  AIMS* | <input type="checkbox"/>  DHA Opioid Safety | <input type="checkbox"/>  Parenting2Go* | <input type="checkbox"/>  T2 Mood Tracker |
| <input type="checkbox"/>  Breathe2Relax | <input type="checkbox"/>  Dream EZ | <input type="checkbox"/>  PE Coach 2* | <input type="checkbox"/>  Tactical Breather |
| <input type="checkbox"/>  Breathe, Think, Do | <input type="checkbox"/>  LifeArmor | <input type="checkbox"/>  Positive Activity Jackpot | <input type="checkbox"/>  The Big Moving Adventure |
| <input type="checkbox"/>  CBT-i Coach* | <input type="checkbox"/>  Mindfulness Coach* | <input type="checkbox"/>  PTSD Coach* | <input type="checkbox"/>  VetChange* |
| <input type="checkbox"/>  Concussion Coach* | <input type="checkbox"/>  Mood Coach* | <input type="checkbox"/>  STAIR Coach* | <input type="checkbox"/>  Virtual Hope Box |

USAG JAPAN SUICIDE PREVENTION:

DSN 118 / CELL 080-5059-6778

ARMY EMERGENCY RELIEF

DSN: 263-4357 OR CELL 046-407-4357

CRISIS ONLINE CHAT:

WWW.VETERANSCRISISLINE.NET/GET-HELP/CHAT

ON-CALL CHAPLAINS:

USARJ 315-263-3123 or 046-407-3123



#PROTECTTHEFORCE



COVID-19 Tips to MASTER STRESS



Maintain Health

Do your best to maintain a healthy diet, exercise regularly, and get adequate sleep.
<https://P3.amedd.army.mil>



Access Virtual Platforms

Connect with family and friends you trust through virtual opportunities (e.g., Skype, FaceTime, Messenger, phone, etc.) to prevent feeling isolated.



Stay Informed

Use reliable sources such as www.coronavirus.gov, www.who.int/coronavirus, <https://www.tricare.mil/HealthWellness/HealthyLiving/Coronavirus>, and your local health department. Limit the time you and your family spend watching or listening to media coverage (including social media).



Take Breaks

Pause throughout the day and check in with yourself (e.g., meditation, prayer, deep breathing, stretching, yoga).



Engage Behavioral Health Resources

It's normal to feel stressed or emotional during a crisis; but if you're feeling overwhelmed or feel stress is interfering with your relationships or daily activities, contact your local Behavioral Health Clinic, who are offering telehealth for support. Military OneSource, <https://www.militaryonesource.mil>, may also be a helpful resource.



Relax

Make time to unwind and engage in activities or hobbies you enjoy and can still practice while home. Now may also be a good time to try out new hobbies or activities!



Step Outside

Take advantage of the outdoors while still practicing social distancing (e.g., work in the yard, take a walk, hike along an uncrowded trail, read on a porch).



Take Care of Each Other

Check in with people who might not have a local support system or who may need a little extra care during this time.



Reassure Children and Older Adults

Reassure them that they are safe. Let them know it is ok to feel upset or nervous. Share the way you manage stress so that they can learn from you how to cope.



Engage in Gratitude

Maintain a sense of hope and optimism. Writing out a list of things you're grateful for can have profound impacts on physical and psychological health, happiness, and a sense of satisfaction.



Sustain Routines

Maintain daily routines as much as possible, especially for children who are out of school or daycare. Create a schedule with learning and fun activities.



Substitute Healthy Coping Strategies

If you feel overwhelmed, manage emotions and stress by taking a walk, reading, writing, deep breathing, etc. instead of using tobacco, alcohol, or other drugs.



TA-512-MAR20
03/23/2020

For current COVID-19 information:

<https://phc.amedd.army.mil/covid19>
<https://www.coronavirus.gov/>

The Military Health System Nurse Advice Line is available 24/7:

Call 1-800-874-2273 option #1
 or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health.

Approved for public release; distribution unlimited.



Public Health
Prevent. Promote. Protect.

Army Public Health

The Army COVID-19 Information Hotline:

Call 1-800-984-8523,
 Overseas DSN 312-421-3700,
 Stateside DSN 421-3700

version 1.2

Wash your hands

to keep from getting sick and to prevent the spread of germs



1 Wet hands. Use warm water if available.



2 Apply soap.



3 Lather for 20 seconds and scrub thoroughly.



4 Rinse well under running water.



5 Dry hands with a paper towel or warm air blower.



6 Turn off the faucet with a paper towel, if available.

Always wash your hands:

- Before and after you prepare or eat food.
- After you use the bathroom or change diapers.
- After you sneeze, cough or blow your nose.
- Before and after tending to someone who is sick.
- Before and after you treat a cut or wound.
- After handling an animal or animal waste.
- After you handle garbage.

If soap and water are not available, use an alcohol-based hand cleaner. Check the label to be sure the product contains at least 60% alcohol.

- Apply product to the palm of one hand.
- Rub the product over all surfaces of hands and fingers until hands are dry. Do not use paper towels or warm air blower.

NOTE: Warm air blowers and alcohol gels are not approved in food operations.



Barracks Hygiene and Cleanliness

Create a Healthy Living Environment

TAKE ACTION

to reduce harmful germs and prevent unsanitary conditions that can attract pests such as mice, cockroaches, and flies.

- Wash your hands at every opportunity. Use soap under running water for at least 20 seconds and dry your hands thoroughly using a clean disposable paper towel.
- Clean hard surfaces daily using a detergent cleaning solution.
- Wash all soiled clothing and bed linens weekly.
- Empty trash cans daily. Use trash can liners and clean trash cans when they become dirty.
- Empty and clean mop buckets after each use; hang mops with mop heads down so they drain without touching the handle.
- Report leaks and any signs of mold growth.

Use the chart below to identify daily cleaning tasks and the appropriate concentration of bleach per application.

Prepared Bleach Solution	Task	8.25% Commercial Bleach Product	5.25-6.00% Commercial Bleach Product
Sanitize using 50-100 parts per million (ppm)	Clean and SANITIZE high-touch areas every day, for example: <ul style="list-style-type: none"> • Light switches • Door knobs • Drinking fountains • Laundry room fixtures & appliances 	For spray bottle applications:	
		Pint of Water ¼ teaspoon of Bleach	Pint of Water ¼ teaspoon of bleach
		Quart of Water ¼ teaspoon of bleach	Quart of Water ¾ teaspoon of bleach
		For application using a sponge, cloth, or mop:	
		Gallon of Water 1 teaspoon of bleach	Gallon of Water ½ Tablespoon of bleach
Disinfect using 500 ppm	Clean and DISINFECT hygiene facilities everyday: <ul style="list-style-type: none"> • Toilets • Showers • Sinks & faucets • Restroom & shower room floors 	For spray bottle applications:	
		Quart of Water 1 ¼ teaspoons of bleach	Quart of Water 2 teaspoons of bleach
		For application using a sponge, cloth, or mop:	
		Gallon of Water 2 Tablespoons of bleach	Gallon of Water 3 Tablespoons of bleach
Rinse or wipe down disinfected surfaces after 1 minute with clean water.			

Never mix bleach with other cleaning solutions or chemicals; it can release dangerous gases!



DoDEA Online Registration for Students



DoDEA Online Registration for Students (DORS) eliminates manual forms and makes it easy for parents to register their child for school. Once a student’s information is entered into DORS, it can be quickly updated anytime, anywhere. DORS also makes student re-registration for the following school year faster and more efficient.

- Who:** Students of families relocating and registering in schools serviced by Department of Defense Education Activity (DoDEA)
- What:** A secure, web-based DoDEA student registration system
- When:** Available 24/7 for New Student Registration
- Where:** Accessible online globally to families 24/7 via computers, tablets, and mobile devices
- How:** Visit www.dodea.edu/DORS to access DORS (New Student Registration) and register your child

Benefits of the NEW DoDEA Online Registration for Students

System Feature	Process	New Process	Benefits
Web-based registration process	✓	✓	Families can complete registration forms from any location any time of day.
Enter common data once (for siblings)	✓	✓	Families only need to enter common data for multiple siblings once.
Upload supporting documents	✓	✓	Families can upload supporting registration documents from any location any time of day.
Includes all necessary registration fields		✓	Families can complete all necessary forms/fields in one central system. This limits additional forms and the amount of data registrars manually enter.
Field level dependency		✓	Families will complete only the necessary fields relevant to their registration situation. (e.g. Families whose primary home language is not English can be prompted to complete additional information)
Data validation process		✓	Registrars can validate appropriate data is being transferred to the Student Information System. (Less data errors)
Automated data transfers to Aspen SIS		✓	Registrars no longer need to manually type enrollment data within the SIS. This provides a smoother/faster registration process for registrars.
Mobile friendly		✓	Families can easily access the registration site on mobile devices.
Online registration update process		✓	Families can update contact information. (Update email, phone numbers, etc.)





**Army Community Service inprocessing for all active duty, Civilians and contractors.
All personnel inprocessing must call DSN: 315-263-4357 Comm: 046-407-4357**

We are open Monday thru Friday 08:00 – 17:00

When you call ACS staff will collect information on you and your family to see what services we can provide for you. Lending closet items are available as we have items in stock. Your sponsor can check out these on your behalf during RoM.

Below are some useful websites for Soldiers/DA Civilians that are moving to Japan:

Military OneSource - Camp Zama
installations.militaryonesource.mil/
military-installation/camp-zama

USAG Japan Official Website
home.army.mil/japan

Our ACS Facebook Page link:
www.facebook.com/JapanACS

Our MWR Bugle Magazine link:
zama.armymwr.com

Our MWR Facebook Page link:
www.facebook.com/armymwrjapan

US Embassy
go.usa.gov/xV2fN

**Our Newcomers Videos are available on MILTUBE (CAC Required).
Newcomer videos are also available on DVD at Army Lodging front desk.**

- Video 1. ACS <https://www.milsuite.mil/video/30822>
- Video 2. Garrison Leadership: <https://www.milsuite.mil/video/30823>
- Video 3. Religious Services: <https://www.milsuite.mil/video/30888>
- Video 4. MWR: <https://www.milsuite.mil/video/30889>
- Video 5. Youth Services: <https://www.milsuite.mil/video/30894>
- Video 6. DPW: <https://www.milsuite.mil/video/30892>
- Video 7. Continuing Education: <https://www.milsuite.mil/video/30895>
- Video 8. Recruiting and Retention: <https://www.milsuite.mil/video/30898>
- Video 9. Fire Safety: <https://www.milsuite.mil/video/30916>
- Video 10. Garrison Safety: <https://www.milsuite.mil/video/30917>
- Video 11. Emergency Manager: <https://www.milsuite.mil/video/30918>
- Video 12. Red Cross: <https://www.milsuite.mil/video/30919>
- Video 13. SHARP: <https://www.milsuite.mil/video/30952>
- Video 14. Legal Services: <https://www.milsuite.mil/video/30951>
- Video 15. IG: <https://www.milsuite.mil/video/30955>
- Video 16. ASAP: <https://www.milsuite.mil/video/30956>
- Video 17. Dental: <https://www.milsuite.mil/video/30969>
- Video 18. Preventative Medicine: <https://www.milsuite.mil/video/30970>
- Video 19. Medical Services: <https://www.milsuite.mil/video/30972>
- Video 20. Wellness Center: <https://www.milsuite.mil/video/30971>
- Video 21. Tricare: <https://www.milsuite.mil/video/30973>
- Video 22. USARJ CG: <https://www.milsuite.mil/video/30974>
- Video 23. USARJ CSM: <https://www.milsuite.mil/video/30975>
- Video 24. ACS Closing remarks: <https://www.milsuite.mil/video/30976>



Child & Youth Services

MILITARY

CHILDCARE dot COM

Parent & Outreach Services (BLDG 744)

Nicholas Andrews– 263-4125 M-F 0800-1300, 1400-1700 appointment ONLY

School Support Services (BLDG 744)

Lucinda Ward– 263-5441 M-F 0730-1630

Child Development Centers (CDC)

Denise Aguon, Zama CDC– 263-4992 (BLDG 691) M-F 0530-1800

Audrey Morgan-Daughtery, SHA CDC– 262-6273 (BLDG S-107) M-F 0530-1800

School Age Center (SAC) (BLDG S-121-01)

Michelle Trotter– 262-6013

(School Year) M-F 1430-1800, Tues 1330-1800 (Summer) 0530-1800

Youth Services (BLDG 744)

Hannah Maza– 263-4500 M, W, Th 1430-2000, Tu 1330-2000, F 1430-2200

Youth Sports & Fitness (BLDG S-337)

Brandon Bergeron– 262-6137 M-F 0900-1900, Sat 0600-1500

Using MilitaryChildCare.com, you can find comprehensive information on child care programs worldwide, conduct a customized search for the care you need, and submit a request for care at any time and from any location. *Follow these four steps!*

- STEP 1 CREATE ACCOUNT**
Go to MilitaryChildCare.com to create an account containing information about your family, or to login using an existing username and password.
- STEP 2 SEARCH and REQUEST CARE**
Search the system for the child care options that best fit your needs and submit your requests for care.
- STEP 3 MANAGE MY REQUESTS**
You can manage your requests for care from anywhere in the world.
- STEP 4 UPDATE MY PROFILE**
Keep your *My Profile* page up-to-date with important information.

It's that easy!



To get started, visit:
MilitaryChildCare.com
For questions/support, call:
855.696.2934

Child Development Center	School Age Care	“Sports & SKIES Only users”	Registration Requirement
✓	✓		A copy of your Orders to verify program eligibility & Social Security Number of sponsor
✓	✓	✓	Mailing address & Home/Work/Cell Phone Number
✓	✓	✓	Email address
✓	✓	✓	Two (2) Emergency Designees other than the parents or guardian of the child
✓	✓		Current immunization record for age 6 wks– Kindergarten
✓	✓		Flu Vaccination is required per ACIP guidelines for all children attending CDC Programs (Ages 6 mths– Kinder) and Home-Schooled or off post children
✓		✓	Health Assessment or physical completed within the last year due within 30 days of registration. (Due for Sports before first practice)
✓	✓	✓	All children with special needs, medical conditions, allergies, or illness must meet with the Community Health Nurse and Special Needs Assessment Placement Board before starting any CYS programs
✓			Most recent LES or Pay Statement for both sponsor and spouse
✓			For Single/Dual Military– A Family Care Plan is required within 30 days of registration
✓			Birth Certificate, Passport or any legal document which indicates child’s birth date

THINKING ABOUT QUITTING?

TOBACCO CESSATION RESOURCES

QUIT TOBACCO
TRICARE.mil/UCanQuit2

Maybe you tried to quit tobacco in the past but started using again, or you are not sure if you're ready to take on quitting tobacco. Whatever your reason, these resources can help you find motivation and increase your confidence so that you can quit tobacco for good.



Free Texting Programs

Practice Quit: (Smokefree.gov)

Practice quitting tobacco for a day or two at a time. Practicing will help when you decide to quit completely.

- ▶ Text GO to 47848 or sign up at <https://smokefree.gov/practicequittxt-signup>.



Daily Challenges: (Smokefree.gov)

Build the skills you will need during a quit to feel better prepared when you take that step.

- ▶ Text GO to 47848 or sign up at <https://smokefree.gov/dailychallenges-signup>.



Websites

Why Do You Want to Quit? (Smokefree.gov)

There are many reasons to quit tobacco: health, family and money, to name a few. What would motivate you to quit?

- ▶ Visit <https://smokefree.gov/quitting-smoking/reasons-quit/why-do-you-want-quit>.



Why Do You Smoke? (National Cancer Institute)

What makes you crave a cigarette? Knowing your triggers before a quit can help you prepare for any challenges.

- ▶ Visit <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/whyDoYouSmoke.pdf>.



FEEL READY TO QUIT? Check out the other side of this handout, "Ready to Quit?," for resources to help you set up a quit plan and get the support you need to successfully quit tobacco.



Contact Us: dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil



READY TO QUIT?

TOBACCO CESSATION RESOURCES

QUIT TOBACCO
 TRICARE.mil/UCanQuit2

CONGRATULATIONS ON DECIDING TO QUIT TOBACCO!

Use one, two or all of the resources on this page during your quit. Quitting can be hard, but these resources can help you quit tobacco for good.

Free Texting Programs

SmokefreeMIL: (UCanQuit2)

Get 24/7 encouragement and advice on quitting tobacco—created for Military Service members like you.

- ▶ Text MIL to 47848 or visit <https://tricare.mil/HealthWellness/Tobacco/UCanQuit2/How-to-Quit/SmokeFreeMIL>.

SmokefreeTXT: (Smokefree.gov)

Get 24/7 encouragement and advice to help you quit smoking.

- ▶ Text START to 47848 or sign up at <https://smokefree.gov/smokefreetxt>.

SmokefreeMOM: (Women.Smokefree.gov)

Get encouragement and advice on quitting smoking—created for pregnant women.

- ▶ Text MOM to 222888 or sign up at <https://smokefree.gov/smokefreemom>.

SmokefreeVET: (Department of Veteran Affairs/Smokefree.gov)

Get daily support, encouragement and advice on quitting smoking—created for Military Veterans.

- ▶ Text VET to 47848 or sign up at <https://smokefree.gov/smokefreevet>.

DipfreeTXT: (Smokefree.gov)

Get the encouragement and advice you need to quit dip.

- ▶ Text SPIT to 333888 or sign up at <https://smokefree.gov/become-smokefree/dipfreetxt-signup>.

Mobile Apps

QuitGuide: (Smokefree.gov)

Figure out your smoking patterns and build skills you need to stay smokefree.

- ▶ Visit <https://smokefree.gov/apps-quitguide>.

Stay Quit Coach: (Department of Veteran Affairs)

Create a tailored quit plan and use interactive tools to cope with urges, stay motivated and find support during your quit.

- ▶ Visit <https://mobile.va.gov/app/stay-quit-coach>.

Websites

Quit Tobacco – UCanQuit2: (UCanQuit2)

Find resources to use before, during and after a quit, such as the 24/7/365 Live Chat that provides personalized online support from coaches eager to help you quit tobacco.

- ▶ Visit <https://www.tricare.mil/HealthWellness/Tobacco/UCanQuit2>.

TRICARE’s Tobacco Cessation Resources: (TRICARE®)

Learn what counseling services, tobacco cessation products and other resources are available to help you quit.

- ▶ Visit <https://tricare.mil/HealthWellness/Tobacco>.

Smokefree.gov: (Smokefree.gov)

Get the support, tips, tools and expert advice you need to quit smoking long-term.

- ▶ Visit <https://smokefree.gov/>.

BeTobaccoFree.gov: (Department of Health and Human Services)

Learn more about tobacco and its health effects, and find resources to help you quit.

- ▶ Visit <https://betobaccofree.hhs.gov/>.

Quitlines

1-800-QUIT-NOW:

Call to connect directly to your state’s quitline.

- ▶ Call 1-800-QUIT-NOW (784-8669) or visit <http://map.naquitline.org/> for more information on state quitlines.

Freedom Quitline: (Department of Defense/National Institutes of Health/University of Virginia)

See if you are eligible as a TRICARE beneficiary to get smoking cessation counseling and free nicotine replacement therapy.

- ▶ Call 1-844-426-3733 or visit <https://www.freedomquitline.org/>.



Contact Us: dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil



U.S. ARMY JAPAN CONTRIBUTORS

