

Mission – Family – Warrior



Mission – Family – Warrior

New USFJ Liberty Policy

Before any military member is granted liberty, the member must have completed their service-specific Sexual Assault Prevention and Response Training as well as a Japan Indoctrination Training with added emphasis on Service Core Values within the past 12 months.

For all military personnel, regardless of age, off-installation public consumption of alcohol is prohibited between the hours of 1 a.m. and 5 a.m. daily.

Military personnel ages 19 and below are subject to a curfew between the hours of 1 a.m. and 5 a.m. daily. Members must either be on a U.S. military installation, off the installation in a private residence, in a place of lodging, or in the performance of official duties. Authorized commanders may grant curfew exceptions of limited duration on an individual, event-by-event basis for specific circumstance.

Force Protection Condition

MISAWA AB IS CURRENTLY IN FORCE PROTECTION CONDITION

ALPHA

(Increased general threat)

WITH ADDITIONAL MEASURES:

B-4, B-5, B-11, B-11.1, B-13

This condition has been directed by CDRUSPACOM

POC: 35 FW/ATO, 226-9525

Health Protection Condition

MISAWA AB IS CURRENTLY IN HEALTH PROTECTION CONDITION

ALPHA

CAO 30 Nov 2022

Fire Safety on Misawa Air Base is Everyone's Responsibility

Electrical Safety Tips:

Turn off all electrical appliances when not in use

Do not overload electrical circuits

Do not overload surge protectors

Do not daisy chain extension cords

Never leave cooking unattended

Inspect electrical cords for damage

**Only use electrical appliances with an Underwriter Laboratory
(UL), Factory Mutual (FM) or Japanese standard approved label**

35 CES/CEFP, Fire Prevention: 226-4055

900 MHz WIRELESS DEVICES FROM THE U.S.A. CANNOT BE USED IN JAPAN

Cordless telephones, baby monitors, walkie-talkies, etc.

WHAT CAN I USE?

Look for the Japanese Technical Conformity Mark on wireless products



Misawa Spectrum Management 226-5773

Illegal Use of Wireless Devices

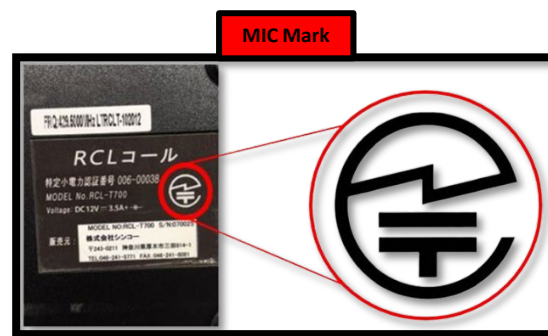
In accordance with Japan Radio Law and Radio Act (Article 38-22-2) wireless devices must have the Ministry of Internal Affairs and Communications (MIC) Mark if they are to be used in Japan. Failure to comply could result in imprisonment and/or fines up to ¥500,000!

The use of wireless devices procured from outside of Japan could be illegal!

These devices could cause harmful interference to critical systems and/or emergency services.

Common unauthorized devices

- Baby Monitors
- Walkie-Talkies
- Cordless Phones
 - RC Cars
- RC Airplanes (Drones)



For more information, please contact the 35 FW Installation Spectrum Management office at **DSN 315-226-5773** or **35CS.ISM.SpectrumManager@us.af.mil**.

Fitness Center hours

Potter Fitness Center:

Mon-Fri: 0500-2200

Sat/Sun, Holidays, Family Days: 0800-2200

Freedom Fitness Center:

Mon-Fri: 1300-1900

24/7 access to facility, if enrolled

(takes 5 minutes to enroll)

Equal Opportunity

The Equal Opportunity and Sexual Assault and Response Program coordinators have moved to the Torii building and are open daily for consultation.

Equal Opportunity can be reached at 226-3669

SARC 24 – Hour Hotline: 226-7272

35th Fighter Wing Drug Disposal

Do you have medications that you don't want?

At Misawa AB, the 35th Medical Group Pharmacy and 35th Security Forces Squadron guarantee anyone with medications or controlled substances they do not need, can dispose of them in an environmentally friendly way.

A drug disposal kit is available at pharmacy window during normal business hours.

Please follow the package instructions to dispose of any unwanted medications. If you have a sharps container with any needles, syringes, or lancets, please bring it to the family medicine front desk for proper disposal.

Do not return the medications to the pharmacy directly as by Federal Law, they cannot accept them back.



If you have any questions

Call the Pharmacy at

DSN: 315.226.6607

Commercial: 0176.77.6607





Don't Let Drugs Ruin **Your Career**



Pick up a drug disposal kit
at the pharmacy if
you have excess drugs.

**Wrongful usage of controlled drugs is a violation of Article
112a of the UCMJ**

- Do not share drugs.
- Do not use beyond prescribed period.
- Do not use for other than intended illness(s).
- Do not throw medications in trash.

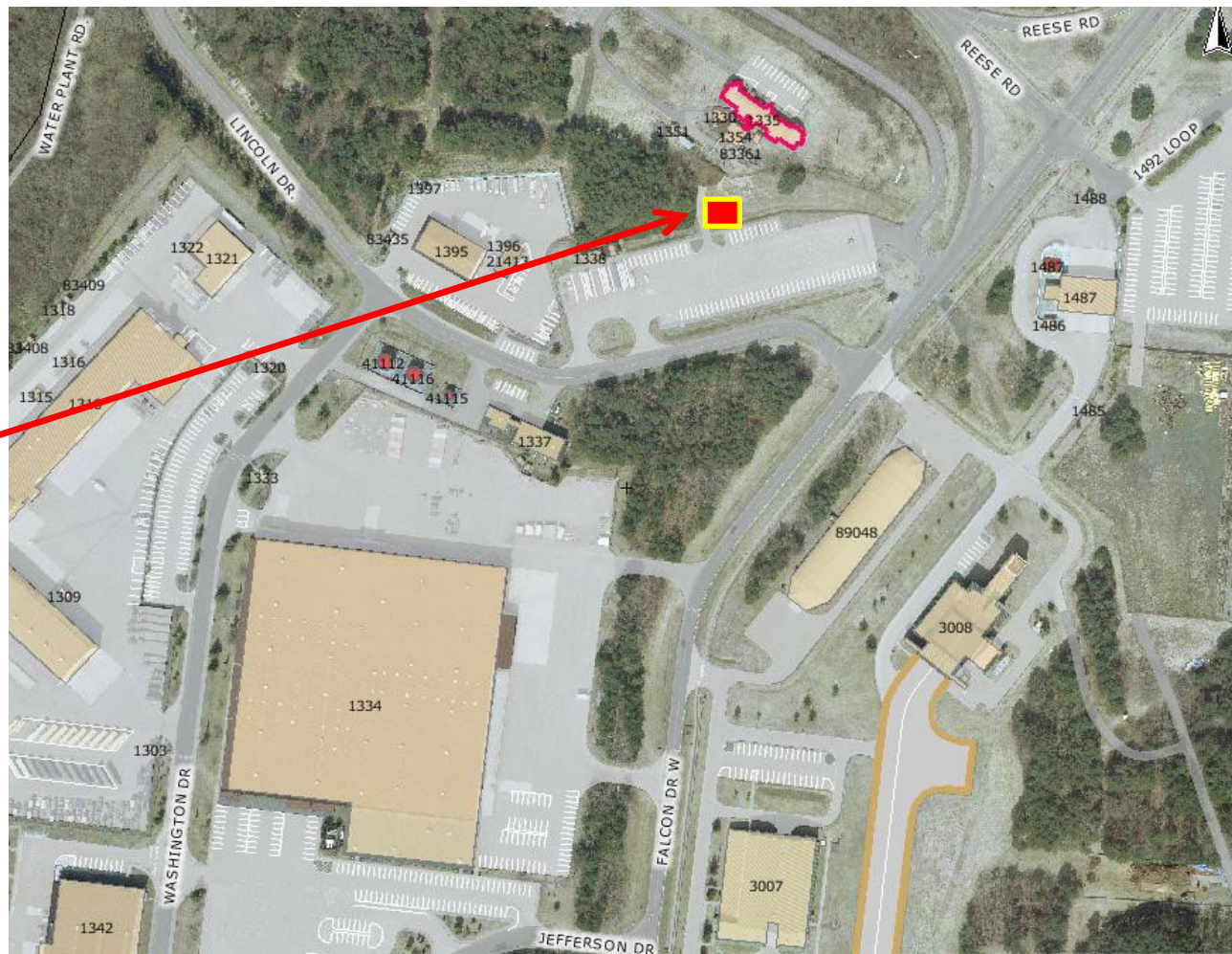
Please call the pharmacy for questions.
DSN: 315.226.6607 or Commercial: 0176.77.6607

AMNESTY BOX LOCATION

**DO NOT THROW
AMMUNITION
OR EXPENDED
BRASS IN THE
TRASH**



Located near
Bldg 1395
(Navy transportation)
and “Long Term
Parking”



POC: CES/CED (226-3956)

Amnesty Box

Personnel may deposit prohibited or non-admissible articles to include:

- Ammunition**
- Explosives**
- Weapons**

Ammunition in the trash cost \$ to the base and results in emergency responses.



WOMEN, INFANTS AND CHILDREN OVERSEAS

WIC Overseas is a nutrition education and supplemental food program that helps mothers and young children eat well and stay healthy.

Program services are available to any eligible persons and their dependents (Active Duty Military, DoD Civilian Employees, and DoD Contractors,)

Eligibility is based on family size and income

Who is eligible?

- ☐ Pregnant Women (until 6 weeks after delivery)
- ☐ Postpartum Women (until 6 months after pregnancy)
- ☐ Breastfeeding Women (until the Infants 1st birthday)
- ☐ Infants (until age 1)
- ☐ Children (1 to 5 years of age)

Call us today to verify your eligibility! 226-5592
Monday-Friday 7:30am to 4:00pm



Chapel Schedule

Catholic Services

Sunday Mass – 9:00 a.m.

Daily Mass - Mon, 4:30 p.m. / Tues – Thurs, 11:30 a.m.

Confession – Sundays, 7:30 – 8:15 a.m. (and by appointment)

Protestant Services

Sundays 10:30 a.m.

For more information please contact the Chapel at 226 – HOPE (4673)



Misawa Chaplain Corps Team

SPIRITUAL CARE

- 100% Confidentiality
- Pastoral Counseling
- Crisis and Trauma Ministry
- Worship and Religious Education
- Rites and Ceremonies

ADVISING LEADERSHIP

- Spiritual, Religious, Ethical and Moral Issues
- Religious Accommodation

Contact us at 226-4673

Emergencies - 226-9899 (Command Post)



MISAWA AIR BASE TRAVEL REQUIREMENTS



STEPS PRIOR TO SUBMITTING LEAVE

STEP 1 - Identify and locate your Unit ATR/ATO

STEP 2 - Review the Foreign Clearance Guide (FCG) with your Unit ATR/ATO
<https://www.fcg.pentagon.mil/fcg.cfm>

STEP 3 - Navigate to TT/IATP website
<https://iatp.pacom.mil>

STEP 4 - Navigate to "Pre-Travel Instructions" located on the TT/IATP website

STEP 5 - Review the links for your AOR location brief
(Contact AFOSI, 226-3116, to determine if a briefing is required)

STEP 6 - Complete all training listed
(Force Protection CBT on ADLS is Level 1 ATP Awareness Training)

STEP 7 - Navigate to "Submit Travel" and submit your TT/IATP

STEP 8 - Navigate to APACS and submit your request for clearance
<https://apacs.dtic.mil>

STEP 9 - Complete all other requirements listed in the FCG

REQUIRED TRAINING

REFERENCE FCG TO ENSURE NO OTHER TRAINING IS REQUIRED

Level 1 ATP Awareness Training

- Must be completed within 12 months of travel
- Non-CAC access: <https://jkodirect.jten.mil>
- Force Protection CBT located on ADLS

USFK Required Training

- Must be completed within 12 months of travel
- Required for ALL travel
- FCG states need for leave travel
<http://www.usfk.mil/Newcomers/Training.aspx>

ISOPREP

- Must be completed within 12 months of travel
<https://prmsglobal.prms.af.mil/prmsconv/profile/survey/survey.aspx>

SERE 100.1

- Must be completed within 36 months of travel
<https://jkodirect.jten.mil>

Human Rights Training

- Must be completed when traveling to SOUTHCOM AOR or directed by FCG
<https://jkodirect.jten.mil>

AFI 31-218 35FWSUP Changes

This instruction implements policy, assigns responsibility, and establishes procedures for Motor Vehicle Traffic Supervision on Misawa Air Base (MAB).

- **DUI - Driving Under the Influence/GOJ equivalent equating to Intoxicated Driving (BAC = 0.03% or greater) or driving while the influence of any narcotic or any other drug to the degree where the driver is rendered (Violators will receive 6 points and 1-Year Revocation)**
- **Designated Training Area for New Drivers with a Learners Permit**
 - A student driving permit allows minors to practice driving only on Falcon Loop and Security Hill Area, under parent or guardian supervision on base, while they complete a formal driver education class.
- **Implement Harsher Penalties for Failure to Maintain Current JCI/Liability Insurance.**
 - Owner will receive:
 - 91 days and greater: 6 Points and 1-Year revocation
 - 45 to 90 days: 3 Points and 180-Day Suspension
 - 6 to 44 days: 3 Points and 30-Day Suspension
 - 5 days or less: 3 Points
- **Implement Harsher Penalties for Speeding**
 - Speeding 25-32 KPH over posted speed limit (Violators will receive 5 points and 30-Days Suspension)
 - Reckless Driving; Speeding 33 KPH or more over posted speed limit (6 point and 1-Year Revocation)
- **Power of Attorney PCS Process**
 - A POA for the sale or disposal of a vehicle showing the member is in the process of selling and deregistering a vehicle, will suffice for out-processing purposes provided it is presented no later than 10 calendar days prior to final out-processing and removed from DBIDS.
- **Installation Parking Monitor Program**
 - Unit commanders are responsible for enforcing parking within areas under their control.
 - Parking monitors are the commander's representative to issue citations for parking violations in areas under the control of their commander. Monitors will issue parking tickets via DD Form 1408.
- **Tickets for Violations Committed Off-Base will Receive Corresponding On-Base Penalties**

POC: 35 SFS Plans and Program Office, 226-9508

Mission – Family – Warrior

MISAWA AIR BASE

KEEP 911 FOR EMERGENCIES

FOR EVERY ABSTAINED PRANK CALL, ONE LIFE CAN BE SAVED



Security Forces
Bldg 646
DSN: 226-3600



Fire Station
Bldg 947
DSN: 226-3212



Urgent Care
Bldg 99
DSN: 226-6647

Prank calls can lead to a backlog in the system, preventing people with real emergencies from getting through.

Mission – Family – Warrior

CRIME STOP

**Report a crime in progress to Security Forces
using **9-1-1!****

**To dial on base 9-1-1 from a Japanese
cell phone/off-base phone dial:
0176-53-1911.**

Callers can remain anonymous.

**Reminder to keep home/car doors locked and items secured when
unattended.**

**For all other non-emergency responses contact
Security Forces at DSN: 226-3600.**

Eagle Eyes Program



U.S. AIR FORCE
EagleEyes

WATCH.REPORT.PROTECT.

INDICATORS OF SUSPICIOUS BEHAVIORS:

- Surveillance of on or off-base activities or areas
- Elicitation or gathering of info in person, phone, fax, or e-mail
- Tests of security to identify security weaknesses
- Acquiring supplies such as weapons, ID cards, uniforms, decals
- Suspicious persons seemingly out of place at work or home
- Dry run practicing a possible criminal/ terrorist operation
- Deploying assets getting people/supplies in attack position

REPORT ALL SUSPICIOUS INCIDENTS TO:

Security Forces BDOC:	226-3600
Commercial (24 hrs a day):	0176-77-3600
AFOSI Det 623:	226-3126

Vehicle Accident Procedures

Vehicle operators involved in any accident or any SOFA status personnel witnessing a vehicle accident will immediately notify the Misawa Base Defense Operation Center (BDOC) at 226-3600.

The BDOC Controller will determine if 35 SFS response is required. If Security Forces response is not required, the parties involved WILL report to the Security Forces Bldg. 646 to complete an accident report.

Failure to report an accident will result in a citation along with a 30 Day Suspension

Open Container Policy

Use of Alcohol on Misawa Air Base:

- Personnel will not carry open containers of alcoholic beverages outside drinking establishments.
- Violators will be apprehended or detained and released only to their sponsor or sponsor's organization for action.
- This applies to: military, government civilians, and family member civilians.
- Reference 35 FWI 36-2901 para. 2

Cell Phone Use While Driving

Using a cell phone while operating a motor vehicle is prohibited both on and off base IAW MABI 31-116 and AFI 31-218.

- Exception: Hands-free devices are authorized

Utilizing a cell phone or portable electronic device will result in the following driving suspension:

- 1st Offense – 30 days
- Additional Violations – 180 days

Misawa Telephone Operations

****New Hours – Starting 31 Dec '22****

- Hours Of Operation: **0600 – 2100, Mon – Sun**
- Misawa Call Tree is available for emergency and directory services during non-operating hours (**226-1110** or **0176-77-1110**).
- Emergency services dial **9-1-1 (on base)** or **0176-53-1911**.
- Misawa Base Phone Directory and dialing instructions, visit the Misawa Air Force Page at **<https://www.misawa.af.mil>**.
- Direct questions to the Communications Focal Point at **226-2666**.



Driving Green: Fuel Conservation

Take a load off

Every extra 100 pounds reduces fuel economy 1%

Take a few moments to unload your cargo area



POC: 35 CES/CENP: 226-5002

Driving Green: Fuel Conservation

Keep your tires inflated

For every 3 pounds lost, fuel economy goes down 1%

Tires can lose 1 pound of pressure in a month

Check the air pressure regularly

POC: 35 CES/CENP: 226-5002



Energy Action Month: “Protect the Power”

Driving Green: Fuel Conservation

Change the oil

Replacing the oil and oil filter regularly will help fuel economy

On hot days, try to park in the shade to reduce evaporation



POC: 35 CES/CENP: 226-5002

Energy Action Month: “Protect the Power”

Driving Green: Fuel Conservation

Get a tune-up

A tune-up can increase your fuel economy

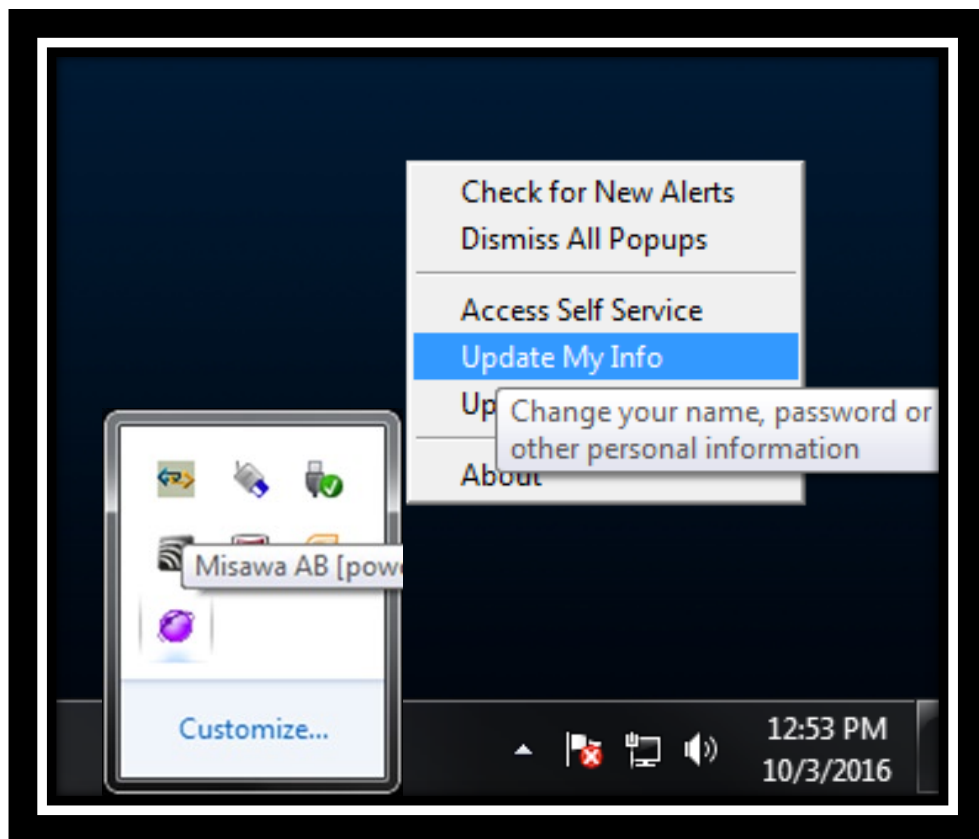
Have wheels aligned and tires rotated

Replace air filter if needed



POC: 35 CES/CENP: 226-5002

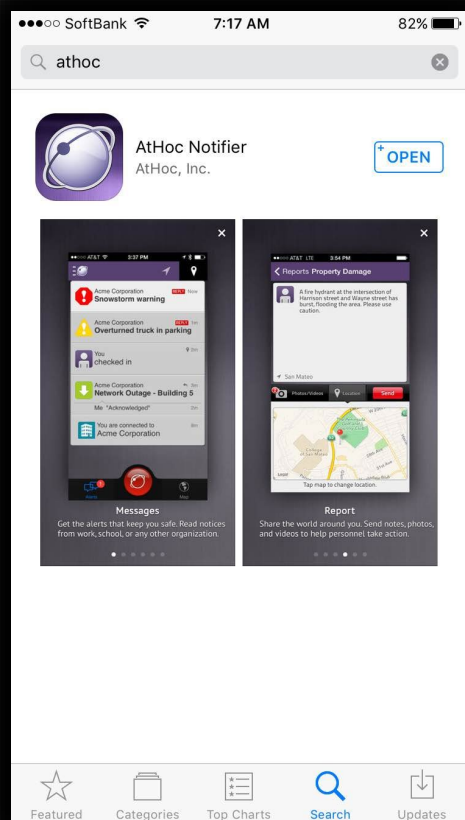
Have You Updated AtHoc?



- ✓ Get all Misawa Emergency Notifications through phone, text, and email.
- ✓ Click the “Purple Globe” on your desktop and “Update My Info”
- ✓ Download the “AtHoc Notifier” Mobile App to get notifications sent to all your Mobile Devices

Step-By-Step instructions at the Command Post SharePoint page:
<https://misawa.eis.pacaf.af.mil/35FW/35FW-CP/Pages/default.aspx>

Download the “AtHoc Notifier” App



- ✓ Get all Misawa Emergency Notifications sent to your mobile device
- ✓ Available on iOS and Android devices
- ✓ Ensure dependents receive notifications by installing on their mobile devices

Step-By-Step instructions at the Command Post SharePoint page:
<https://misawa.eis.pacaf.af.mil/35FW/35FW-CP/Pages/default.aspx>



U.S. AIR FORCE **EMERGENCY NOTIFICATION SIGNALS**

IF YOU HEAR



3-5 Minute Steady Tone



3-5 Minute Wavering Tone



Lockdown
Lockdown [Location]
Lockdown

Phrase Repeats 3 Times



Voice Announcement

THIS INDICATES

A Disaster/Incident
is Imminent or
in Progress

An Attack/Hostile Act
is Imminent or
in Progress

Active Shooter Incident
is in Progress

Immediate Disaster
or Threat has Ended

INDIVIDUAL ACTIONS

Be Alert
Take Cover or Evacuate to Safety
Follow Instructions
Account for Personnel

Be Alert
Execute Security Measures
Follow Instructions
Account for Personnel

Remain Calm
Implement Lockdown Procedures
Based on Your Location

Remain Alert
Account for Personnel
Report Hazards, Injuries,
and Damage



www.BeReady.af.mil

BASH CANNON

Don't be alarmed if you hear loud booms coming from the airfield. This is to scare birds and wildlife, preventing an aviation mishap.



35 CES & 35 MDG

Venomous Snake(hebi) Awareness

- Mamushi Pit Viper - Venomous
- Head is triangle shaped
- Found in grasslands/shrublands/forests



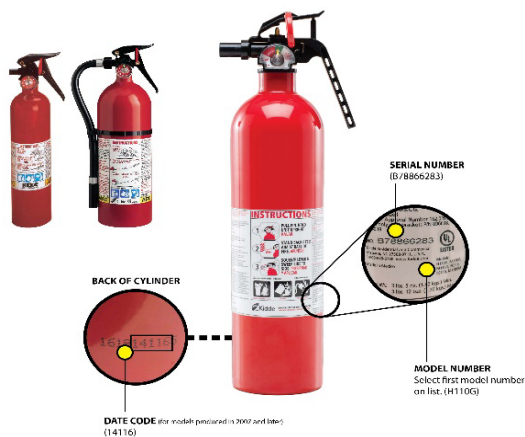
- Yamakagashi (Tiger Keelback) –Poisonous & Venomous
- Distinctive yellow, red and black markings
- Found in a diverse range of habitats

- If bitten please report to the UCC immediately and do not try to capture the animal. Do not touch or disturb the animal.
- Use caution when walking near wooded areas and wear protective clothing.

Prepared by:
TSgt Daniel Fink –35 CES
SSgt Kristina Palmer - 35 MDG

Fire Extinguisher Safety Recall

KIDDE Fire Extinguisher manufacture recalled over 37 Million units.

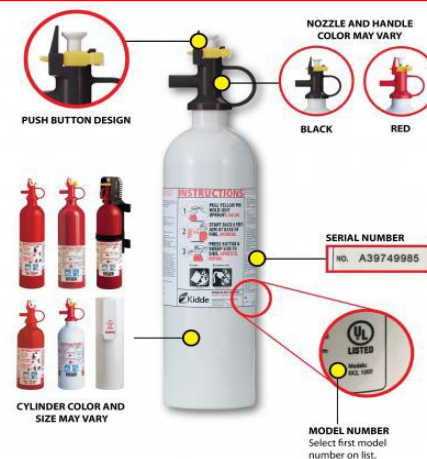


1. CHECK MODEL AND MANUFACTURE DATE

2. VERIFY IT HAS BEEN RECALLED:

**WEB SEARCH FOR
“KIDDE EXTINGUISHER RECALL”
or FROM LINK BELOW:**

<https://www.cpsc.gov/Recalls/2017/kidde-recalls-fire-extinguishers-with-plastic-handles-due-to-failure-to-discharge-and>



3. HOW TO REPLACE IT:

- **Housing residents:** contact Housing Maintenance, Phone 226-4663, bldg. 790
- **Facility managers & Private Organizations:** dispose it via haz-waste and purchase new extinguisher or follow recall web site/manufacture instructions

Contact the Fire Prevention section at 226-4055 for any questions

PUBLIC SAFETY ADVISORY

- SUBJECT: E-Cigarettes, Vaporizers, and Other Electronic Smoking Devices
- SITUATIONAL AWARENESS: Popularity of “vaping” has given rise to vaping substances found to contain ingredients such as Cannabidiol (CBD) which are in violation of the Substance Abuse Act making them unlawful to use or possess under the UCMJ as well as under federal and state laws
- Since May 2017 eighty-four subjects were involved in vape oil medical incidents
- This substance has been associated with serious health risks, including one confirmed death
- The use of all CBD, CBD derivatives, and THC infused products are **prohibited** for all DoD Members



For more information go to
<https://www.opss.org/faqs/cannabidiol-are-products-cbd-legal>

For other Operation Supplement
Safety (OPSS) questions contact
Jillian Soldan

Health Promotion Program, 226-
6420

DRIVING IN JAPAN IS DIFFERENT

- narrow roads
- slower speed limits
- no shoulders (reduced room for error)
- deep ditches
- concrete poles along roadways
- minimal signage
- no street lights
- drive on the left side of the road
- watch for pedestrians
- minimal sidewalks

ALL ACCIDENTS MUST BE REPORTED

Notify 35 SFS
DSN: 226-3600
Cell: 0176-77-3600

OFF-BASE INCIDENTS

Notify 35 SFS and
Japanese Police
0176-77-3802 (Misawa/Local)
#011 (Police)
#110 (Medical/Fire)



DRIVING
IN
JAPAN

Mission – Family – Warrior

\$99 BILLION
PER YEAR
MADE FROM
SEX
TRAFFICKING



1 in 6 endangered runaways reported in the U.S. are likely to become sex trafficking victims



\$51 BILLION
per year from use of forced labor

21 MILLION PEOPLE
WORLDWIDE
are now victims of forced labor

**MODERN
SLAVERY**
WORLDWIDE



In some parts of Africa and the Mekong region children are those most sexually exploited



Migrants are particularly vulnerable to forced labor practices

Female victims forced into domestic servitude are often sexually exploited as well

4.5 MILLION - WORLDWIDE
are victims of forced sexual exploitation

20%

Human Trafficking victims are children

3 out of every 1000
are victims of forced labor

IF **YOU** SUSPECT
human trafficking call:

Department of Defense
Inspector General Hotline
1 - 800 - 424 - 9098

National Human Trafficking
Resource Center
1 - 888 - 373 - 7888

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Lithium Ion Batteries Awareness

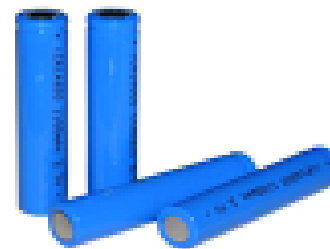


Safety Tips

- **Always** follow the manufacturer's instructions.
- **Do not** charge a device under your pillow, on your bed or on a couch.
- Only use the battery that is designed for the device.
- Put batteries in the device the right way.
- Only use the charging cord that came with the device.
- Keep batteries at room temperature..
- Store batteries away from anything that can catch fire.
- Do not place batteries in direct sunlight or keep them in hot vehicles.

Signs of a Problem

- **Stop** using the battery if you notice these problems: odor, change in color, too much heat, change in shape, leaking, odd noises. If it is safe to do so, move the device away from anything that can catch fire.



For any questions contact the Fire Prevention Office at DSN 226-4055

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Mission – Family – Warrior

AIR NATIONAL GUARD

***MSgt Jose Gonzalez
In-Service Recruiter***

Take control of your career!

- 1. Choose Your Location**
- 2. Choose Your AFSC**
- 3. Focus On Personal Goals**

**“Military Service That
Fits YOUR Life”.**

Email: jose.gonzalez_figueroa.7@us.af.mil

Cell: 090-1995-5257

Palace Chase & Palace Front Opportunities



Mission – Family – Warrior



Smoke Alarm Recall

KIDDE Recalls Smoke Alarms Due to Risk of Failure to Alert Consumers



Models PI2010 and PI9010

1. CHECK MODEL AND MANUFACTURE DATE
2. VERIFY IT HAS BEEN RECALLED



WEB SEARCH FOR

"KIDDE SMOKE ALARM RECALL" or FROM LINK BELOW:

<https://www.cpsc.gov/Recalls/2018/Kidde-Recalls-Dual-Sensor-Smoke-Alarms-Due-to-Risk-of-Failure-to-Alert-Consumers-to-a-Fire>

3. HOW TO REPLACE IT:

Follow recall web site/manufacture instructions or dispose it via Haz-waste and purchase new smoke alarm

For any questions please contact the Fire Prevention section at 226-4055

Mission – Family – Warrior



AIR FORCE RESERVE

- Pay and Personal Recognition
- Money for College
- Job Training
- Camaraderie, Satisfaction, and Pride
- Life Insurance, Medical Care, and Re-employment Rights
- Travel
- Special Allowances
- Thrift Savings Plan & Retirement
- Individual Mobilization Augmentee Program (IMA)
- Traditional Reservist Program (TR)
- Palace Chase
- Palace Front

For more information contact
MSgt David Kastning
In-Service Recruiter
Bldg. 316 Rm 118B
Yokota/Misawa AB
Com/DSN: 315-225-6388
david.kastning@us.af.mil



Your In-Service Recruiter

Mission – Family – Warrior

New Government Travel Cards Incoming

- New GSA SmartPay 3 contract takes over Nov. 30th.
- New cards will be issued mid to late summer for all current GTC holders in good standing.
- Please verify receipt when you receive your new card!
- If traveling during the turnover, carry both your old and new card with you!



Please contact your Agency Program Coordinator with any questions or concerns!

Mission – Family – Warrior



35th Fighter Wing Career Assistance Advisor



The future is yours...

Plan. Prepare. Stay Informed.

- ** AF Career Guidance/Mentorship**
- **Retraining/Special Duty Opportunities**
- **Professional Enhancement Programs**
- **First Term Airmen Course (FTAC)**
- **Wild Weasels University**

Building a Better Air Force...One Airman at a Time.

Check out everything the Professional Development Center (PDC) has to offer at...

PDC Share point: <https://misawa.eis.pacaf.af.mil/PDC/Pages/default.aspx>

Wild Weasels U: <https://misawa.eis.pacaf.af.mil/PDC/WWU/Pages/default.aspx>

PDC Facebook Page: <http://www.facebook.com/MisawaPDC>



MSgt Amir L. Mustafa

Professional Development Center
Bldg 1006 / 226-STAY (7829)

35FW.CAA.CareerAssistanceAdvisor@us.af.mil



Mission – Family – Warrior

U-FIX-IT OURS OF OPERATION

MONDAY	OPEN 1200-1600
TUESDAY	CLOSED
WEDNESDAY	OPEN 1200-1600
THURSDAY	CLOSED
FRIDAY	OPEN 1200-1600
WEEKEND HOLIDAY PACAF FAMILY DAY	CLOSED

*****Please do not visit Housing Maintenance for U-Fix-It support, as they do not have access to material issue/tool rentals! *****

For Questions or Comments: Please Call 226-4992/2127

GOING ON VACATION?

DON'T BRING HOME MEASLES AS A SOUVENIR

Measles is a health risk in many destinations, and it can spread easily through coughing and sneezing. It can cause serious illness, even death. When you travel, bring home photos, keepsakes and memories—not the Measles!



TRAVELING OVERSEAS?

YOUR BEST PROTECTION IS TO GET VACCINATED.



The measles-mumps-rubella (MMR) vaccine protects against all three diseases.

Age Group

Doses of MMR Vaccine

Infants
6–11 months
of age

 **1 Dose**

Children
12 months
of age or older

 **2 Doses**
separated by at least 28 days

**Adolescents
and adults**
who have **not** had measles
or been vaccinated

 **2 Doses**
separated by at least 28 days

TRAVELING STATESIDE?



While the risk is higher internationally, you should also take precaution when traveling in the U.S. You don't know who else is vacationing with you!

After Your Vacation:

- ✓ Watch your health for **three weeks**.
- ✓ If you or your child gets sick with a rash and fever, **call your doctor**.
- ✓ Tell your doctor that you traveled abroad, and **if you have received MMR vaccine**.

#DYK?

The majority of measles cases that are brought into the U.S. come from

**UNVACCINATED
U.S. RESIDENTS**

Each year:

ABOUT 10 MILLION PEOPLE
are affected by measles

MEASLES KILLS ALMOST 90,000
people around the world



Measles is so contagious that if

ONE PERSON

has it, **90%** of the people close to that person who are not immune will also become infected.



New Japan Region International Auto Logistics

Beginning 1 Oct 2019, the VPC in Hachinohe City will be closed. Members who will ship/pickup their POV to/from Japan will have to go to Yokohama/Yokosuka.

- Address: 1-16 Honmoku, Naka-Ku, Yokohama, Kanagawa 231-0811
- Phone: 81 98-989-6817 / 855-389-9499 (toll free)
- Email: IALYokohama@ialpov.us
- Hours of Operation: By special appointment only
- Visit: www.pcsmypov.com or
<https://www.pcsmypov.com/Locations/Yokohama,%20Japan%20Region>
- Follow the instructions on the screen for turn in or pick up instructions depending on the member's situation

**For questions please contact at TMO Personal Property Section
315-226-3525 / 35lrs.lgrdf.personalproperty@us.af.mil**

USE OF CELLULAR PHONE OR PORTABLE DEVICE WHILE OPERATING A MOTOR VEHICLE



These Devices **MUST** be hands free.

IAW 35th FW Instruction 31-218:

If caught you will receive 3 points to your driving record.

- First Offense 30 Day Driving Suspension
- Second Offense 180 Day Driving Suspension

Any Questions Please Contact 35 SFS/Police Services 226-6669

Pre-Travel COVID-19 Test

Pre-travel COVID-19 Test requirement no earlier than 3 days (within 72 hours) before travel to the United States – IAW CDC or destination countries requiring travelers to present negative test results upon entry – IAW DoD FHPO Guidance (Supplement 14).

■ Testing

➤ Patriot Express Passengers

Sundays @0800-1000 in the Urgent Care Center Tunnel

For flights departing from AMC Terminal on Mondays and Tuesdays

➤ Commercial Travel Passengers (i.e. TDYs, E-Leave, etc...)

Monday-Friday @0800-1100 and 1300-1500 in the Urgent Care Center Tunnel

Except holidays – must be arranged in advance w/Medical COVID Hotline @ 226-6555

Please provide travel itinerary so testers can ensure the test is not being collected too early

➤ Unit deployments: Schedule as needed w/35 MDG COVID Cell

■ Test Results:

➤ Patriot Express Passengers can access via Tricare online or will be given a copy at the terminal

➤ Commercial Travel Passengers can access via Tricare online or by contacting their Primary Care Manager Team for a copy of their results.

Immunization/Allergy Clinic Hours

The Immunizations Clinic has changed its hours of operations.

The clinic will now be open during the following times:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0730-1600	0730-1600	0730-1600	1200-1500	0830-1600

The Allergy Clinic will now operate during the following times

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-	-	-	1200-1500	-

***Smallpox will only be administered at 1500 on Thursdays**



35th Medical Group Services

35TH MEDICAL GROUP, MISAWA AB, JAPAN

Emergencies

911 (from base phone)

119 or **0176-53-1911** (from JP cell)

Nurse Advice Line

0120-99-6985 (JP cell)

(888) 901-7144 (base phone)

Medical Appointment Line

226-6111 (base phone)

0176-77-6111 (JP cell)

Dental Appointment Line

226-6700

Flight/Navy Medicine

226-6133

Pharmacy Refills

226-6194

For Online Appointment Booking/Rx
Refills/Lab Results/Secure Messaging:
www.tricareonline.com

Follow us on Facebook:

AFMS 35th Medical Group Misawa

Official Website:

www.airforcemedicine.af.mil/MTF/Misawa

Find us on **Misawa Connects** mobile app!

How to dial:

* From JP cell to MDG office phones:
0176-77 + last 4 of tel. no.

* From office base phone to US:
99-0011+ area code + tel. no.



COVID HOTLINE:

DSN: 226-5575/6555

Commercial: 0176-77-5575 (011-81-176-77-5575 from a US phone)

Email: usaf.misawa.35-mdg.mbx.covid-hotline@mail.mil



DoDEA Misawa Student Transportation Safety Advisory



“Do Not Pass School Buses on Base”

Watch out for kids!
Kids may not be
watching for you.



Misawa AB School Buses – Large & Small

MTR-0021 Failure to stop for school bus or school crossing signals:

4pts & 30 Day Suspension of driving privileges

Per 35FWI31-218 25 JAN 2019



Command Post Number Change

Effective 21 May: Command Post's new number will be **226-3500 or 0176-77-3500.**

REQUIRED ACTIONS: Summary of actions for Command Teams:

- Ensure this message is sent to all personnel within your unit. Additionally, briefed at all Roll Calls during the transition to ensure widest dissemination.
- Recall Roster POCs will need to update the new Command Post number on all rosters.
- Facility Managers will need to verify any signage around their buildings. Any references to the Command Post number will need to reflect this change.
- Any Call Trees that include the Command Post will need to be updated (e.g. COVID Hotline, Operator Line, etc.).
- Any presentations (e.g. Right Start, FTAC) need to reflect the new number.



COVID Vaccine Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Bivalent Booster</u> 12+ YEARS OLD	<u>Bivalent Booster</u> 12+ YEARS OLD	<u>Initial series and Booster</u> 5-11 YEARS OLD	No appointments available	<u>Initial series</u> 6 MONTHS – 5 YEARS Novavax Initial series (2 nd Friday of the month) Age 12+ YEARS

Age 12+ Initial series: Walk-In during clinic hours

Mon-Wed 0730-1200; 1300-1600

Fri 0830-1200, 1300-1600

To schedule an appointment, go to:

[HTTPS://INFORMATICS-STAGE.HEALTH.MIL/COVAX/](https://informatics-stage.health.mil/covax/)

Or Scan the QR Code → → →





COVID-19 Vaccine Shot Appointment Portal

WHAT: 35 MDG scheduling appointments for COVID-19 Vaccines

WHY: This is an effort to provide you, the patient, with flexibility/convenience to select the time of your vaccination appointment. Securing an appointment will reduce your waiting time.

HOW: Follow these steps

1. Visit - <https://informatics-stage.health.mil/COVAX/>
2. Select Japan
3. Select Misawa AB
4. Select type of vaccine request
5. Select Next (bottom of the page)
6. Choose either initial dose, second dose, or additional dose
7. Answer questionnaire, then select Next
8. Choose your date and time

Immunization Clinic: 226-6192 or 0176-77-6111

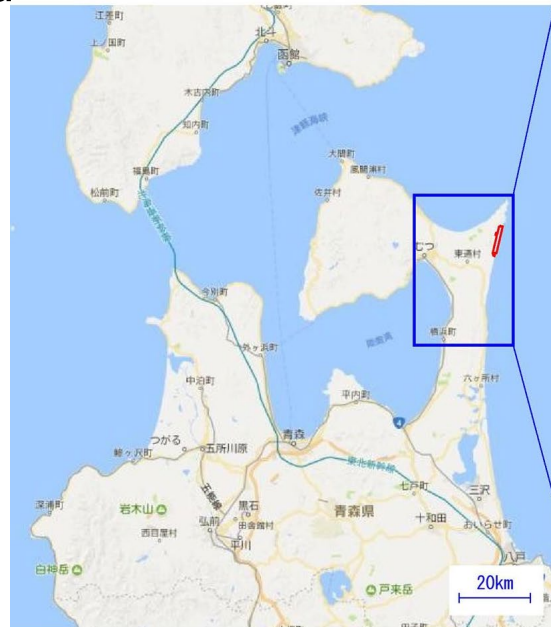


Off-Limit Area: Shimokita Test Center

Please be advised that the Shimokita Test Center is a restricted area that is off-limits for any unauthorized personnel. Refer to the attached image to stay out of the restricted area.

Also note, “Sarugamori Sand Dunes” is marked as a popular scenic spot on many search engines but is actually the restricted area of Shimokita Test Center.

Trespassing is illegal and can be dangerous.



AIR & SPACE FORCE SPECIAL VICTIMS' COUNSEL

Providing support to Yokota and Misawa

INTERPERSONAL VIOLENCE VICTIMS' LEGAL SERVICES PILOT PROGRAM

- **INTERPERSONAL VIOLENCE (IPV) VICTIMS ARE VICTIMS OF:**
 - DATING VIOLENCE
 - FAMILY VIOLENCE
 - WORKPLACE VIOLENCE
- **WHAT SVCs CAN DO FOR IPV VICTIMS:**
 - PROVIDE CONFIDENTIAL LEGAL ADVICE
 - EDUCATE YOU ON YOUR RIGHTS AS A CRIME VICTIM
 - PROVIDE INFORMATION & REFERRALS TO VICTIMS' SUPPORT SERVICES
- CONTACT YOUR LOCAL SVC OFFICE TO SCHEDULE A CONSULTATION
- **WHAT SVCs DO FOR SEXUAL ASSAULT AND DOMESTIC VIOLENCE VICTIMS:**
 - PROVIDE CONFIDENTIAL LEGAL ADVICE
 - PROTECT YOUR RIGHTS AND PRIVACY INTERESTS
 - ADVOCATE YOUR VOICE & CHOICE
 - ADVISE YOU ON THE INVESTIGATION AND PROSECUTION PROCESS
 - REPRESENT YOU IN INTERVIEWS, HEARINGS, AND MILITARY TRIALS
- **CONTACT YOUR LOCAL SVC, SARC, FAP, VWAP COORDINATOR OR LEGAL OFFICE TO REQUEST AN SVC***

*RESTRICTED REPORTS: GO TO THE SVC, SARC, VICTIM ADVOCATE, CHAPLAIN, OR HEALTH CARE PROVIDER TO ENSURE THE REPORT REMAINS RESTRICTED



CAPT. JOLINE DOEDENS-COMBS
SPECIAL VICTIMS' COUNSEL



SSGT LAUREN SHEERAN
SPECIAL VICTIMS' PARALEGAL

YOKOTA AB SVC OFFICE
WESTSIDE, BLDG. 1297
(NEXT TO THE BOWLING ALLEY)
DSN: 225-8880

HOW-TO CALL EMERGENCY SERVICES WITH U.S. CELL PHONE CARRIERS

***Dial **+810176531911** or **0176771110**
(choose option 9) for on-base emergency responders***

Dial 119 for off-base emergency responders

***For questions contact Misawa Fire and Emergency
Services non-emergency line at DSN: 226-3218
Cell: 0176773218***

Transportation Security Agency (TSA) Airport Passenger Checkpoints

TSA system for verifying CAC holder's bar code information is not working and may prevent air travelers from checking in at airports. Members who plan to travel will need to bring alternative identification with them to the airport, such as an unexpired State Driver's license, State ID, or Passport. Complete list of acceptable identification is listed at:

<https://www.tsa.gov/travel/security-screening/identification>

DoD is aware of members presenting their Common Access Card (CAC) as an acceptable form of Identity at the TSA airport passenger checkpoints. The Defense Manpower Data Center (DMDC) continues to work with TSA and Department of Homeland Security (DHS) officials, and will provide an update to the DoD/uniformed Services DEERS Project Offices of TSA's efforts at airport passenger checkpoints.

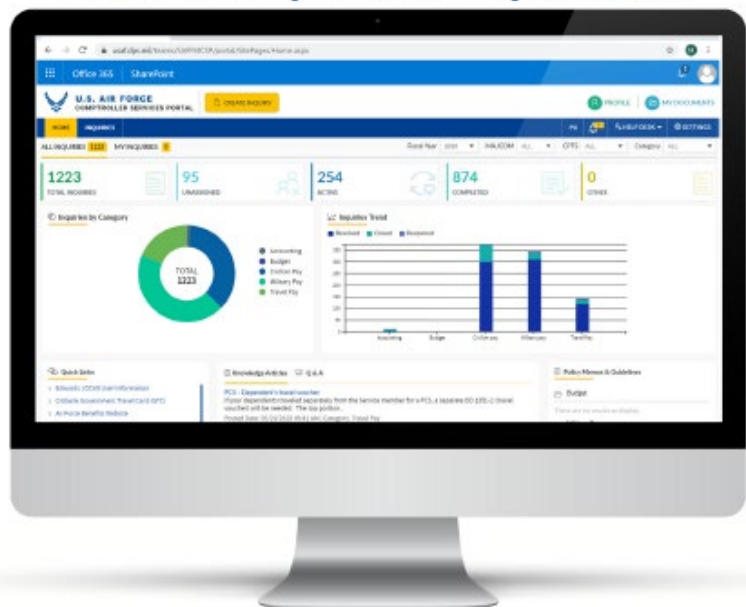
Additional information regarding airport passenger checkpoint access, visit TSA web site at:

<https://www.tsa.gov/real-id> for Frequently Asked Questions (FAQs).

Mission – Family – Warrior



QUICK-START GUIDE 35th Comptroller Squadron



1

Set up your Profile

On your CAC-enabled device, go to usaf.dps.mil/teams/saffmCSP/portal; click "PROFILE" and populate the text boxes as directed (note: Left click on auto-populated fields to select)

Click "UPDATE" when complete



2

Create an Inquiry

Click "CREATE INQUIRY" on the top banner of the page; review your information in Section - A: Customer Details and provide additional details as directed

Scroll down to Section - B: Inquiry Details to input your question and provide key details-similar to how you would during an in-person CPTS visit

Click "SUBMIT" when complete



3

Check Inquiry Status

Refer to the "INQUIRIES" tab to check the progress of your submission

**Appointments
available!**

To book an in-person appointment schedule here:
<https://35comptrollersquadron.setmore.com/>



Book now

Mission – Family – Warrior

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Mailing Electronic Nicotine Delivery Systems and all tobacco products is PROHIBITED for all outgoing/incoming international mail



**Contact the Post Master
for details at DSN 226-3492**

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The Legal Office is here to support you!



- The 35th Fighter Wing Legal Weasels are proud to provide comprehensive legal support to Active Duty members, Reservists, retirees, dependents, and eligible contractors!
- **Location:** 2d Floor of the Torii Building
- **Phone Number:** 226-4022 or 0176-77-4022
- **Office Hours:** Monday through Friday 0900-1600
- **Legal Assistance:** By Appointment, just give us a call
- **Services Provided:** Legal Assistance, Wills, Notaries, Powers Of Attorney, Marriage Briefings, Article 137 Briefings, and much more!



NEW COVID-19 TESTING Requirements for CONUS Travel

- WHO: All travelers going to the United States
- WHAT: **Updated** COVID-19 Testing Requirement for International Travel to the United States
- ADDITIONAL INFO:
 - Effective 06 December 2021, all passengers 2 years of age or older, traveling to the United States from any foreign country are required to present a negative COVID-19 viral test
 - Commercial aircraft passengers' tests must be accomplished no earlier than **1 CALENDAR DAY** prior to scheduled flight departure
 - Military aircraft/Patriot Express passengers' tests must be accomplished no earlier than **3 CALENDAR DAYS** prior to scheduled flight departure, -or-
 - Provide documentation of having recovered from COVID-19 in the past 90 days, before boarding
 - Testing at MAB is available to meet 1-day requirement
 - Testing at Yokota is available if unable to test at MAB to meet 1-day requirement
 - Complete details of the new CDC policy may be found at:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/testing-international-air-travelers.html>



Patriot Express Update

Beginning March 1, 2022, the Patriot Express will require an official passport (No Fee / Special Issuance) for Dependents, GS Employees and U.S. Contractors when traveling to or from Misawa Air Base.

Please keep in mind the average processing time is 6 - 8 weeks!
Send your passport applications in as soon as possible.

Contact the Passport Office to make a passport application appointment.

DSN:226-2411 (from Japanese cell phone: 0176-77-2411)

Email: 35fss.passports.1@us.af.mil

Visit: <https://35fss.com/military-personnel/>

35 MDG COVID Testing is MOVING

- **COVID Cell tunnel testing will be permanently closed starting 24 Oct 2022**
- **COVID testing will be performed at the following sites:**
 - **Travel or mild to no symptoms**
 - **Flight Med/Navy Med (AOM) Clinic**
 - **Beneficiary Care Clinic**
 - **Warrior Medicine (WOMC)**
 - **Pre-procedural Testing**
 - **Surgical/Specialty clinics**
 - **Symptomatic and need medical care**
 - **Urgent Care Services**
- **Home Test Kits: available at Dental, Flight Med, Beneficiary and WOMC front desk. Call COVID Cell if positive.**

Please call 226-6116 for any questions or concerns

Mission – Family – Warrior

Possible symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

When to Seek Emergency Medical Attention

Look for emergency warning signs* for COVID 19:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

If someone is showing any of these signs, call 911 or call ahead to your local emergency facility. Notify the operator that you are seeking care for someone who has or may have COVID-19.

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Mission – Family – Warrior

IF YOU TESTED POSITIVE FOR COVID-19

- If you are infected with COVID-19
 - Do not leave your home, except to get medical care.
 - Do not visit public areas.
 - Do not go to places where you are unable to wear a mask.
- Stay home for 5 days. Day 0 is the day you tested positive or the first day your symptoms started
- Isolate yourself from others in home.
 - Use a separate bedroom & bathroom
 - Avoid using commune area.
 - If you share a home with only one bathroom, leave bathroom fan on for 30 minutes after use and wipe all surfaces down after each use.
 - Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as Acetaminophen (Tylenol), to help with symptoms.
 - Seek medical care if you are experiencing severe COVID-19 symptoms
- If you do not have any symptoms after Day 5, remain on base only for 2 additional days.
- If you do have symptoms on Day 5, call your unit or COVID Cell 226-7111 for further instructions.
- Regardless of whether you have symptoms, you should wear a mask and avoid public transportation, visiting public places, or being at places where mask wear is not possible until the end of Day 10.



COVID Vaccine Schedule

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Age 12+ Initial series: Walk-In during clinic hours

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To schedule an appointment, go to:

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COVID-19 Vaccine Shot Appointment Portal

WHAT: 35 MDG scheduling appointments for COVID-19 Vaccines

WHY: This is an effort to provide you, the patient, with flexibility/convenience to select the time of your vaccination appointment. Securing an appointment will reduce your waiting time.

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1. Visit - <https://informatics-stage.health.mil/COVAX/>
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5. Select Next (bottom of the page)
6. Choose either initial dose, second dose, or additional dose
7. Answer questionnaire, then select Next
8. Choose your date and time

Immunization Clinic: 226-6192 or 0176-77-6111



35th Fighter Wing Drug Disposal

Do you have medications that you don't want?

At Misawa AB, the 35th Medical Group Pharmacy and 35th Security Forces Squadron guarantee anyone with medications or controlled substances they do not need, can dispose of them in an environmentally friendly way.

A drug disposal kit is available at pharmacy window during normal business hours.

Please follow the package instructions to dispose of any unwanted medications. If you have a sharps container with any needles, syringes, or lancets, please bring it to the family medicine front desk for proper disposal.

Do not return the medications to the pharmacy directly as by Federal Law, they cannot accept them.



If you have any questions

Call the Pharmacy at

DSN: 315.226.6607

Commercial: 0176.77.6607



Don't Let Drugs Ruin **Your Career**



Pick up a drug disposal kit
at the pharmacy if
you have excess drugs.

**Wrongful usage of controlled drugs is a violation of Article
112a of the UCMJ**

- Do not share drugs.
- Do not use beyond prescribed period.
- Do not use for other than intended illness(s).
- Do not throw medications in trash.

Please call the pharmacy for questions.
DSN: 315.226.6607 or Commercial: 0176.77.6607

Immunization/Allergy Clinic Hours

The Immunizations Clinic has changed its hours of operations.

The clinic will now be open during the following times:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0730-1600	0730-1600	0730-1600	1200-1500	0830-1600

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***Smallpox will only be administered at 1500 on Thursdays**



35th Medical Group Services

35TH MEDICAL GROUP, MISAWA AB, JAPAN

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226-6111 (base phone)
0176-77-6111 (JP cell)

Dental Appointment Line

226-6700

Flight/Navy Medicine

226-6133

Pharmacy Refills

226-6194

For Online Appointment Booking/Rx
Refills/Lab Results/Secure Messaging:
www.tricareonline.com

Follow us on Facebook:

AFMS 35th Medical Group Misawa

Official Website:

www.airforcemedicine.af.mil/MTF/Misawa

Find us on **Misawa Connects** mobile app!

How to dial:

* From JP cell to MDG office phones:
0176-77 + last 4 of tel. no.

* From office base phone to US:
99-0011+ area code + tel. no.



COVID HOTLINE:

DSN: 226-5575/6555

Commercial: 0176-77-5575 (011-81-176-77-5575 from a US phone)

Email: usaf.misawa.35-mdg.mbx.covid-hotline@mail.mil