



MISAWA AIR BASE ROM HANDBOOK



Col Jesse J. Friedel
Commander,
Misawa AB

WELCOME TO JAPAN

It is our pleasure to welcome you to Misawa Air Base. We are excited to have you as a member of Team Misawa. This will be a unique and rewarding assignment as our team is a dynamic and critical piece to operations across the Pacific.

Our team is working around the clock to make the arrival and ROM process as seamless as possible without sacrificing safety for you, your family, and every other member of the team.



CMSgt Joey R. Meiningner
Command Chief,
Misawa AB

Due to COVID-19, anyone arriving from outside Japan or the defined local area must spend their first days in a (ROM) Restriction of Movement. ROM is a MANDATORY step to ensuring you or your family members have not contracted COVID-19 and will not spread it on our installation or within Japan. Those who are on restriction of movement orders must follow the guidance outlined in the base ROM policy except for approved exceptions. This handbook will answer many of the questions you may have regarding ROM. Please familiarize your self with this handbook. For additional ROM information please reference the current MAB COVID-19 Directive located on www.Misawa.af.mil or the QRcode below.

Failure to comply with these policies may subject you to punishment under the Uniform Code of Military Justice if you are a military member, and for our civilian employees and dependents, failure to comply could result in revocation of command sponsorship, early return of dependents, or denial of access to Misawa Air Base.

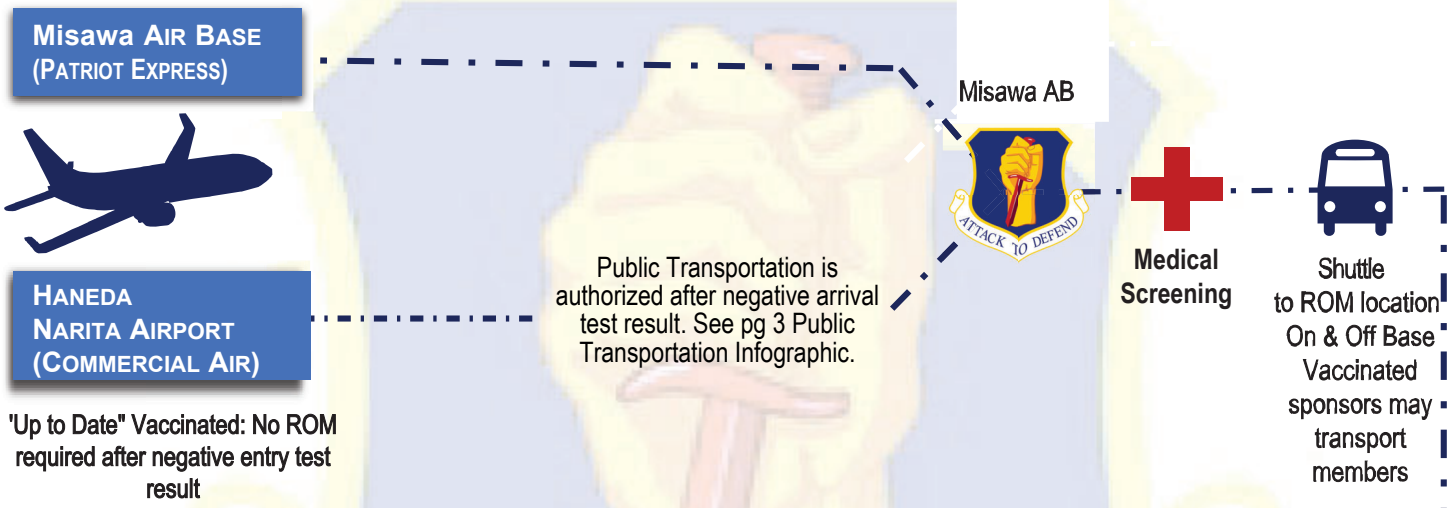
Your safety and health is critically important to our mission and to keeping Team Misawa safe. We realize that being subject to ROM can be mentally taxing, and we thank you for your patience and understanding as you bear with us in this process.

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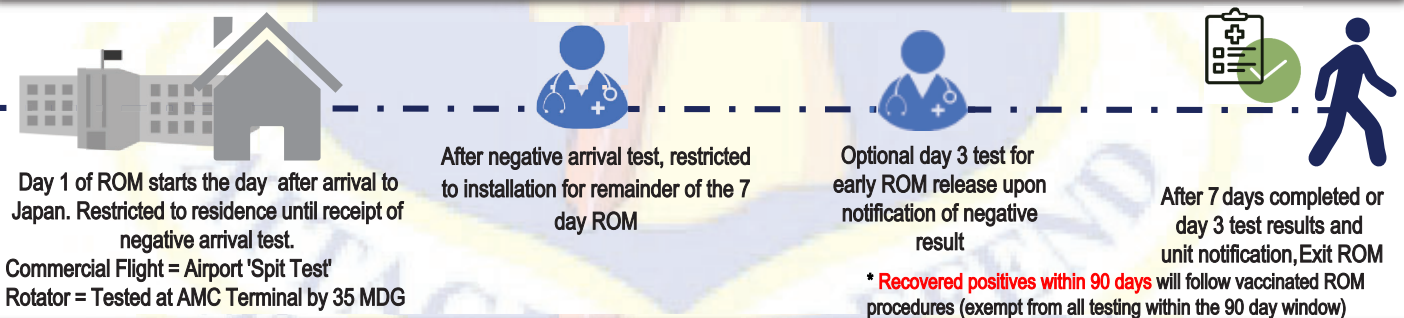
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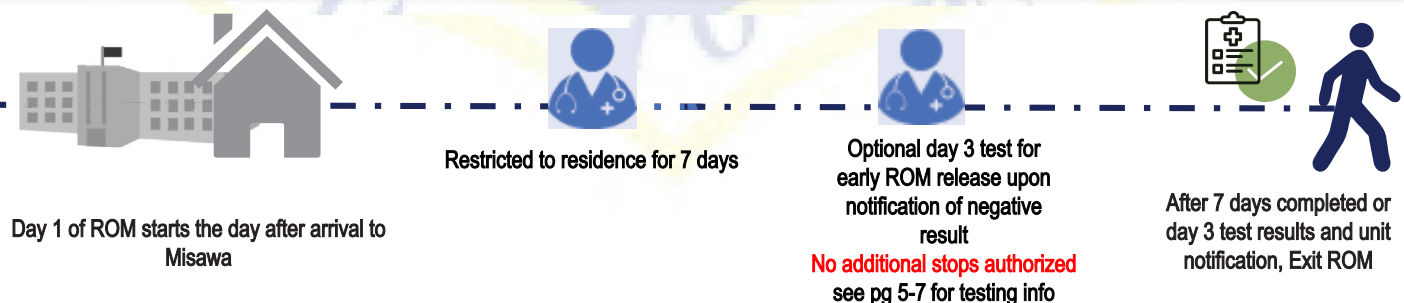
OVERVIEW OF ROM PROCEDURES



ARRIVING TO JAPAN 'Not Up to date' VACCINATED SOFA STATUS PERSONNEL (3-7 Days Total ROM)



ARRIVING TO JAPAN UNVACCINATED SOFA STATUS PERSONNEL (3-7 Days Total ROM)



VACCINE

ROM CANNOT BE BROKEN IN ORDER TO RECEIVE ANY DOSE OF VACCINE
IF YOU HAVE ANY QUESTIONS CONTACT YOUR LEADERSHIP

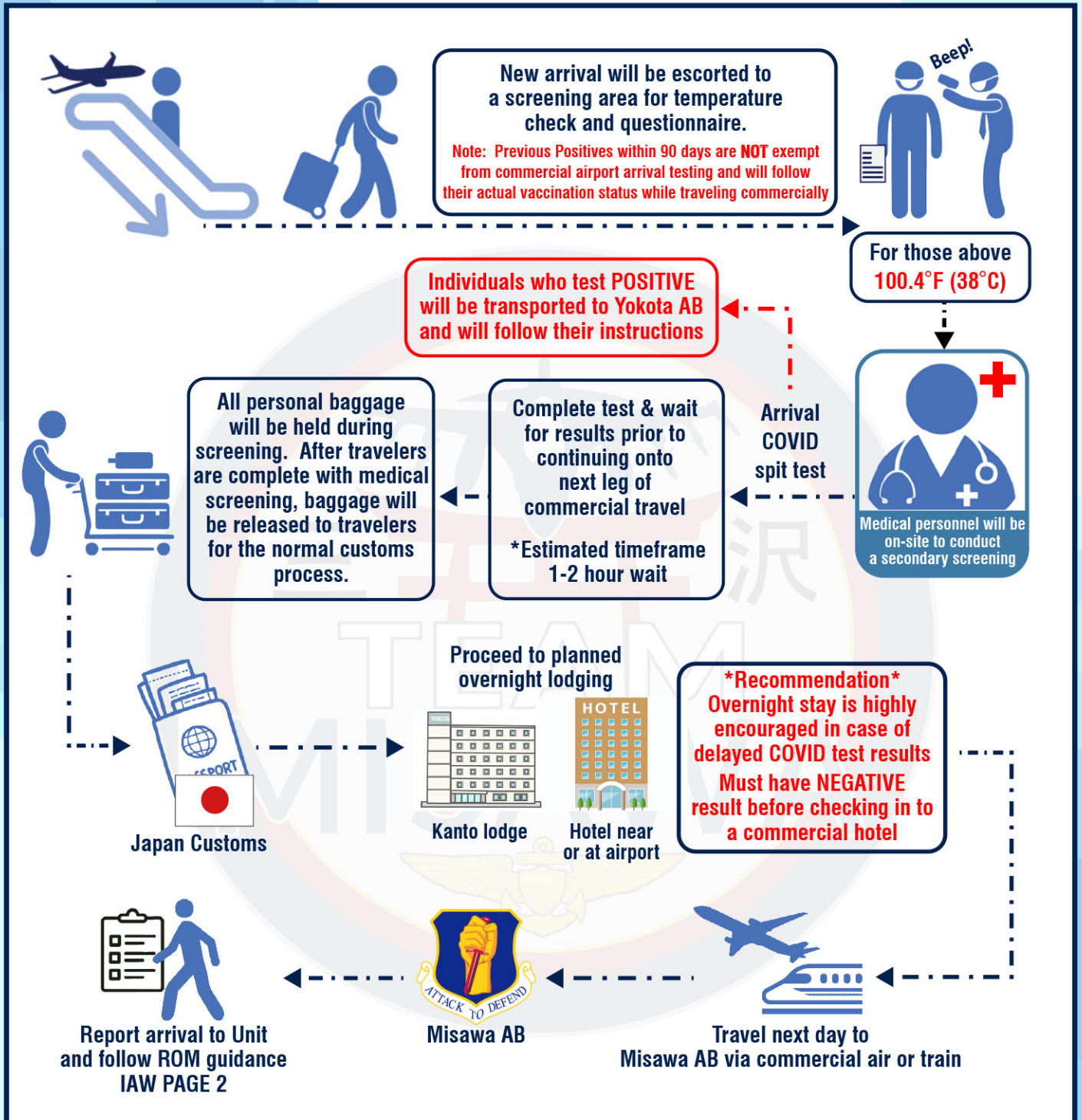
COORDINATE WITH YOUR UNIT/SPONSOR IN ADVANCE OF YOUR ARRIVAL TO CONFIRM YOUR ARRIVAL PLAN.

Wing COVID CELL DSN 315-226-2082

Contingency Lodging DSN 315-226-2503
 Cell 080-876-9991

Medical Group COVID Cell DSN 315-226-6555

TRAVELING VIA COMMERCIAL AIR OR TRAIN



* **Not-up-to date or Unvaccinated** individuals who receive a **NEGATIVE COVID-19** arrival test have 24-hrs after arrival to Japan to travel to their ROM location and are required to ROM IAW Page 2

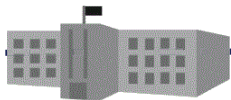
* **Traveling into Japan and OPSEC:** SOFA status individuals, upon arrival into the Japan, are not required to download COVID-19 tracking applications nor sign pledges to follow GOJ COVID-19 procedures. However, SOFA status individuals may choose to download the COVID-19 tracking application and/or sign the pledge if refusing either would prevent onward movement. Upon arrival at a U.S. installation or domicile, SOFA status individuals are authorized to remove any GOJ required COVID-19 tracking applications from personal devices. Applications programs that were not supplied or approved by the U.S. Government are NOT authorized for use on U.S. Government provided phones or computers.

MISAWA AIR BASE ROM HANDBOOK

Yokota Airport Shuttle information



Airport to Yokota Shuttle



Kanto Lodge



Yokota to Airport Shuttle



Public Transportation



Misawa AB

AIRPORT SHUTTLE HOURS
0700-1600 U.S. CASH PAYMENT ONLY

24/7 PHONE FOR INBOUND PERSONNEL
+81 90 6185 5601

HANEDA SCHEDULE

MON-SUN
\$20 All Ages

TO HANEDA	Bus #1	Bus #2
DEPARTS TLF BLDG. 4304	10:15 a.m.	12:45 p.m.
DEPARTS KANTO LODGE	10:45 a.m.	1:15 p.m.
EST. ARRIVAL	1:15 p.m.	3:30 p.m.

TO YOKOTA AB	Bus #1	Bus #2
DEPARTS HANEDA	4 p.m.	7 p.m.
EST. ARRIVAL	6:30 p.m.	9 p.m.

NARITA SCHEDULE

MON-SUN

\$40 Ages 13 & Up, \$30 Ages 12 & Below

TO NARITA	Bus #1	Bus #2
DEPARTS TLF BLDG. 4304	9:30 a.m.	11:30 a.m.
DEPARTS KANTO LODGE	10 a.m.	12 p.m.
EST. ARRIVAL	1:30 p.m.	3:30 p.m.

TO YOKOTA AB	Bus #1	Bus #2
DEPARTS NARITA	5 p.m.	7 p.m.
EST. ARRIVAL	8 p.m.	10 p.m.

Pets are NOT allowed on the Airport-Yokota Shuttle. Transportation arrangement must be made through FSS vehicle ops for a personal shuttle (DSN: 315-225-7720). It is recommended to schedule at least three weeks prior to need.

Costs can be found on the

FSS website: <https://yokotafss.com/vehicle-operations/>

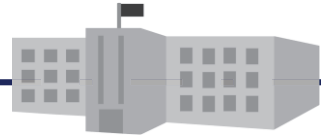
[Yokota AB LRS Dispatch:315-225-9121](https://yokotafss.com/vehicle-operations/)

- Members utilizing public transportation MUST wait at the airport for their COVID test results before using any public transportation.
- For overnight stays members may utilize lodging at Yokota AB or hotels at or near the airport with a negative arrival test result before check in.
- Yokota's Kanto Lodge website can be found at: <https://yokotafss.com/kant-lodge/>
- 'Not up to date/unvaccinated' travelers who are past 24 hours of arrival to Japan, public transportation is no longer authorized until completion of ROM. Travelers should complete their 3-7 day rom requirements in Yokota AB and contact the Misawa AB COVID Cell at DSN: 226-2082 for additional options.
- More information can be found on Misawa AB webpage: www.misawa.af.mil/COVID-19-Information/

ENTERING ROM



Medical
Screening



ROM Lodging or Domicile

NOT-UP-TO DATE AND UNVACCINATED
INDIVIDUALS WHO RECEIVE A NEGATIVE COVID-19
TEST AT THE AIRPORT ARE STILL REQUIRED TO ROM
AND TAKE ANOTHER COVID TEST, REFER TO PAGE 2.

All individuals in ROM must self-monitor for symptoms of COVID-19. Symptoms include fever, cough, congestion, sore throat, shortness of breath, loss of taste, and/or loss of smell. Please call the COVID HOTLINE number listed below if you develop any COVID symptoms.

Restriction Of Movement (ROM) Testing Procedures:

Optional COVID testing - on/after day 3 of ROM:

- By vehicle or by foot:
 - ❖ Proceed to the 35 MDG Urgent Care Clinic Tunnel during the following hours:
 - ❖ Weekends 0800-1000 and Monday-Friday 0800-1100, 1300-1500
- If you do not have a vehicle AND are on North Base:
 - ❖ Call Medical COVID Cell to schedule test time at building 1936.

For release from ROM:

- Release is contingent on a optional NEGATIVE COVID test and no concerning COVID symptoms.
- Contact your First Sergeant or UTC for official release from ROM (have your sponsor assist you).

REMINDER: Notification for any transition or release in ROM will come from your Unit's travel POC or First Sergeant

NOTE: Contact your sponsor to obtain contact information for your Unit's First Sergeant. This individual will be the one clearing you for installation ROM.

Medical COVID Cell contact information: DSN: 226-5575/6555
Commercial: 0176-77-6555

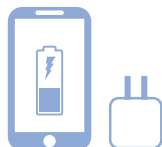


Members arriving and staying in the Contingency Lodging will receive per diem.
Units or sponsors are expected to assist with any delivering meals or groceries.

RECOMMENDED PACKING LIST • ITEMS NOT PROVIDED



HYGIENE KIT



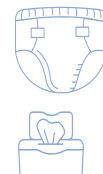
TABLET/PHONE W/ CHARGER



PRESCRIPTIONS



BABY REQUIREMENTS



DIAPERS



WIPES



FORMULA



14 DAYS WORTH OF CLOTHES



CLOROX WIPES



DIETARY ITEMS

NOTE: INDIVIDUALS SHOULD COORDINATE
WITH THEIR SPONSOR OR UNIT FOR
DELIVERY OF NEEDED ITEMS

DAY-TO-DAY LIFE IN ROM

WHAT TO DO IF I'M SICK

Do **NOT** go to the URGENT CARE CLINIC!
You are required to contact medical personnel once you experience any signs or symptoms.



DSN: 315-226-6111
COMM: 0176-77-6111

COVID-19 SYMPTOMS:

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



Wi-Fi is available in all ROM facilities. WIFI passwords can be found underneath individual routers or on the WIFI listing near the first floor ROM elevator

It is recommended that members download messaging platforms like WhatsApp, Google Hangouts, etc. to facilitate contact with CONUS family members and military sponsors.



For VACCINATED personnel
Access to all on-installation facilities is authorized.

For UNVACCINATED personnel
Personnel will not leave their domicile while in Residential ROM except for the following reasons:

- To walk an animal and complete physical activity (walk or run). Do not stop to talk to anyone or be a part of ANY gathering. (This does not include use of any community playgrounds or on-base shopping facilities)
- To conduct an end-of-ROM COVID-19 test.
- In case of a medical emergency or fire in the domicile.



During Residential ROM No face to face contact will be allowed with anyone outside of medical personnel.

Food Delivery options

You may also order takeout for delivery from restaurants on the installation. Orders will be delivered straight to your door from the respective dining service.

Visit: www.aafesprem.imenu360.com/mainland-Japan.html to order.



You can coordinate through unit sponsor to purchase any items from Misawa exchange and commissary during your stay.

MAIL PICKUP: Mail can be picked up by designated person(s) while a member/family is in ROM. Unit Commanders/SEL/ and first sergeants can extend expiration date on hold-mail notice if members are unable to sign PS 3801 or return to Misawa AB for various reasons. Contact your sponsor for additional information.

Individuals can request items from the loan locker at AFRC by contacting your sponsor. The sponsor would pick up items and deliver it to the individual in ROM.



A Chaplain is available. 24/7 at 315-226-4630 or Command Post 315-226-3500
A Military and Family Life Counselor (MFLC) is available during normal duty hours. MFLC: 315-226-2147

CALLING A DSN FROM JAPAN CELL: START WITH 0176-77+LAST 4 DIGITS OF THE DSN LINE

ROM TESTING PROCESS

TRICARE MEMBERS enrolled in TRICARE Online can also access their results virtually however, this is not your official release from ROM.

<https://www.tricareonline.com/tol2/prelogin/desktopIndex.xhtml>

Login (DS or DFAS myPay username/password or CAC)

click "Health Record" "Laboratory Results"



<https://www.tricareonline.com/tol2/prelogin/desktopIndex.xhtml>

All members will be notified by their unit POC that they are cleared from ROM.



- Optional day 3 test for Not-up-Date and Unvaccinated
- COVID-19 Testing is conducted Mon-Fri 0800-1100, 1300-1500 & Weekends 0800-1000.
- The test is a anterior or nasopharyngeal swab.

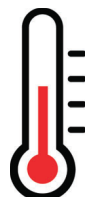
TESTING INFORMATION:

- a. A medical professional will test individuals at their ROM location if they are:
 - (1) Newly arrived permanent party personnel that do not have a POV
 - (2) Dorm residents that are in the ROM towers and do not have access to their POVs
 - (3) On Isolation status
- b. Individuals who have been approved to ROM in their established on/off-base homes and have a POV will drive to the MDG tunnel for COVID-19 testing, as directed. Individuals will:
 - (1) Ensure the only personnel in the POV are of the same household and each passenger is in the vehicle for the sole purpose of receiving a COVID-19 test from the 35 MDG.
 - (2) At the gate, the driver will keep windows rolled up, as much as possible, and present proper identification for base access. If questioned by Security Forces or any other first responder, the driver will exercise discretion and may roll down the window enough to be able to hear and provide responses as needed.
- c. Individuals that require COVID-19 testing will only be authorized to drive from their ROM location to the MDG tunnel, and proceed directly back to their ROM location. There will be NO stops in between, to include drive-thru restaurants.

Medical COVID Cell contact information:

DSN: 226-5575/6555

Commercial: 0176-77-6555



NOTES/RESOURCES

ADDITIONAL RESOURCES

USFJ Facebook: <https://www.facebook.com/USForcesJapan/>

Misawa AB Facebook: <https://www.facebook.com/MisawaAirBase/>

Misawa Website: www.Misawa.af.mil

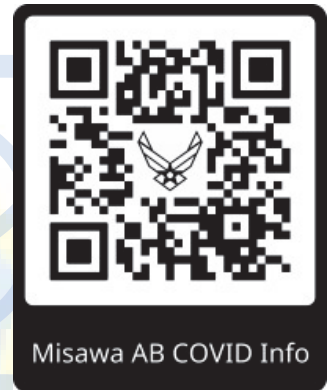
Crisis online chat: www.VeteransCrisisLine.net/Get-Help/Chat

AAFES Food Delivery: <https://aafesprem.imenu360.com/map/map.html>

Misawa FSS: www.35fss.com

Misawa Housing: www.housing.af.mil/home/units/Misawa

Medical COVID Cell email: usaf.misawa.35-mdg.mbx.covid-hotline@mail.mil



Misawa Inn 315-222-0282 or 0176-66-0282

Military Housing Office 315-226-3200

On-Call Chaplain 315-226-4630 or Command Post 226-3500

Refer to **MAB COVID-19 Directive** for additional and most up to date information located on www.misawa.af.mil.

Definitions:

Fully Vaccinated - An individual vaccinated with an authorized COVID-19 vaccine who is >2 weeks following receipt of the second dose in a two-dose vaccination series, or >2 weeks following receipt of one dose of a single-dose vaccine. The ROM status for fully vaccinated individuals will be determined by whether they are up to date on vaccination or not (within 5 months of completion of an mRNA vaccine series or 2 months of a J&J vaccine dose OR have completed a booster dose).

Residential ROM - Residential ROM is the most restrictive ROM and limits personnel movement and interaction to personal residence or ROM towers for 3-7 days. Un-vaccinated dorm residents will complete the duration of their ROM in Bldg 1935/1936. All individuals in Residential ROM while on Misawa AB installation are allowed to walk an animal and complete physical activity (walk or run). Do not stop to talk to anyone or be a part of ANY gathering.

Installation ROM - Access to all on-installation facilities authorized. You are not authorized to leave the installation. Installation ROM will extend through day 3-7 of the ROM period in all cases. (If living off base, Installation ROM only authorizes travel to/from your residence and base – no stops/interactions with local people.)

Working ROM – Authorized by your Unit commander and must be in a separate working environment. Travel is only authorized via POV to/from your place of work and domicile; no other stops allowed. Only contactless food delivery is authorized.