



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.

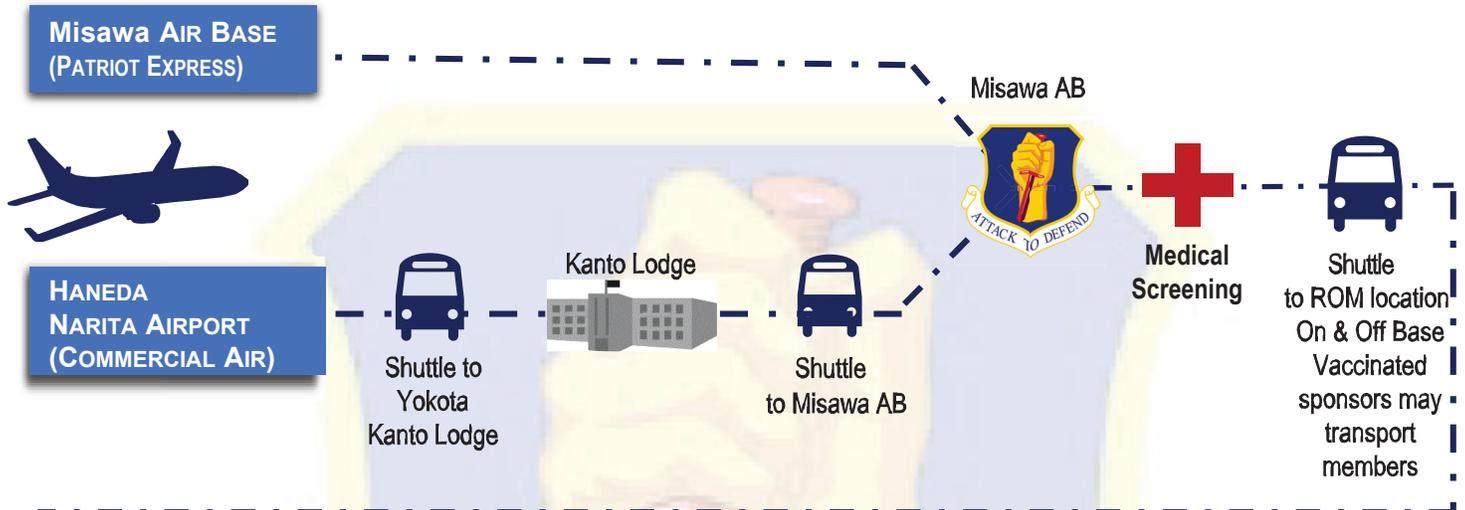
TABLE OF CONTENTS

- OVERVIEW OF ROM PROCEDURES 2
- LANDING VIA COMMERCIAL AIR 3
- ENTERING ROM 5
- DAY-TO-DAY LIFE IN ROM 6
- ROM TESTING PROCESS 7
- OUT PROCESSING ROM 8
- NOTES / RESOURCES 9

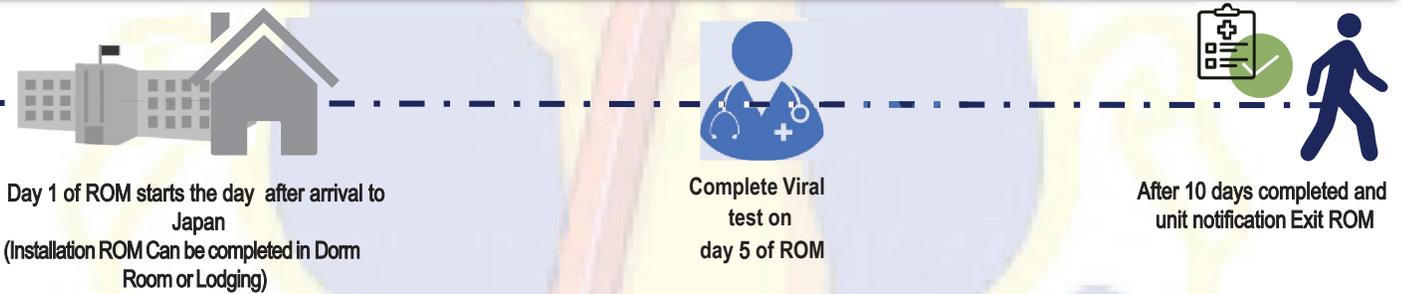


OVERVIEW OF ROM PROCEDURES

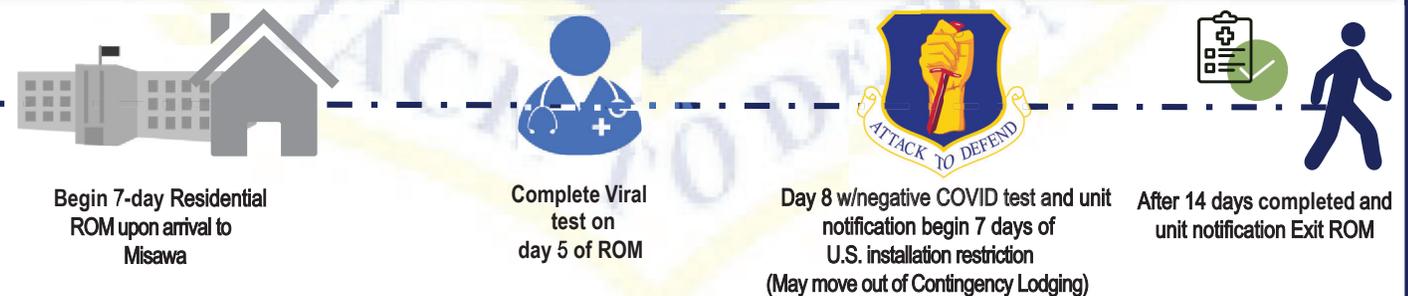
Until ROM is completed use of POV and public/commercial transportation to Misawa is prohibited.



ARRIVING TO JAPAN VACCINATED SOFA STATUS PERSONNEL (10 Day Installation ROM)



ARRIVING TO JAPAN UNVACCINATED SOFA STATUS PERSONNEL (7 Day Residential ROM + 7 Day Installation 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 315-226-2727

Medical Group COVID Cell DSN 315-226-6555

LANDING VIA COMMERCIAL AIR



New arrivals will be escorted to a screening area for a temperature check and questionnaire.
 Note: If Previous Positive within 90 Days, hand carry travel clearance letter signed by Medical Professional for all medical screening (Tokyo & Misawa)

For those above **100.4°F (38°C)**

All personal baggage will be held during screening. After travelers are complete with medical screening, baggage will be released to travelers for the normal customs process.



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

Japan Customs

Airport Shuttle

Kanto Lodge

Misawa Shuttle

Misawa AB

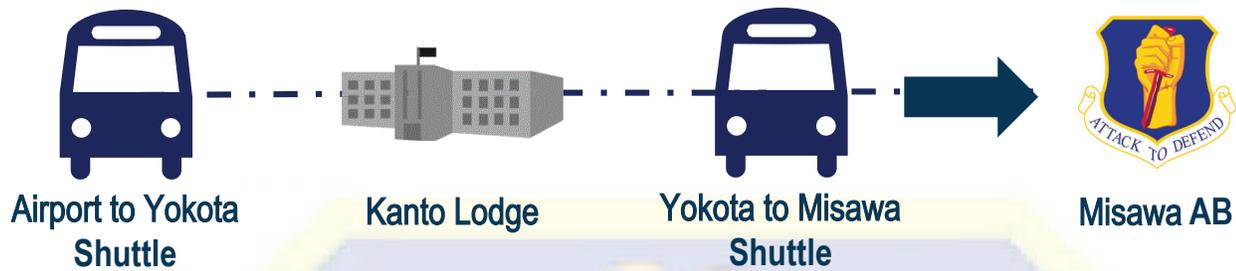
Medical Screening

NOTE: 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. SOFA travelers may proceed to Mil transport and are not required to wait in holding area for COVID-19 testing results

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.

Yokota Passenger Terminal: 011-81-3117-55-7111 or Yokota FSS Vehicle Operations: 001-81-3117-55-7720

LANDING VIA COMMERCIAL AIR



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](tel:315-225-9121)

Yokota to Misawa Shuttle Information

It is highly suggested to make reservations for Tuesday evening at Yokota's Kanto Lodge: <https://yokotafss.com/kanto-lodge/>

Misawa AB currently provides shuttle service from Yokota AB's Kanto Lodge to Misawa AB and is at no cost to SOFA members assigned to Misawa AB.

The shuttle generally runs every Wednesday. Please contact the Wing COVID Cell to verify status.

For reservations for the shuttle to Misawa, email: 35FW.covidcell@us.af.mil and john.king.42@us.af.mil with:

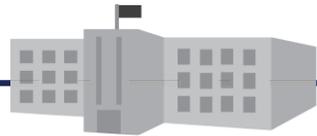
Your name +additional travelers in your group, unit, and date requested.

More information can be found on Misawa AB webpage: www.misawa.af.mil/COVID-19-Information/

ENTERING ROM



Medical
Screening



ROM Lodging or Domicile

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:

1. COVID testing - on/after day 5 of ROM:

- By vehicle or by foot:
 - o Proceed to the 35 MDG Urgent Care Clinic Tunnel during the following hours: Sunday 0800-1000 and Monday-Friday 0800-1100.
- If you do not have a vehicle AND are on North Base:
 - o Report to Building 1936 lobby at 1130 Sunday through Friday.

2. For release from ROM:

- Release is contingent on a NEGATIVE COVID test and no concerning COVID symptoms.
- Contact your First Sergeant 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: 315-226-6555
COMM: 0176-77-6555

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.



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.

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.

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.



- All members will need to be tested while in ROM on day 5.
- Testing is conducted Mon-Fri & Sun at scheduled times coordinated by the Medical COVID Cell.
- The test is a anterior or nasopharyngeal swab.

TESTING INFORMATION:

- A medical professional will test individuals at their ROM location if they are:
 - Newly arrived permanent party personnel that do not have a POV
 - Dorm residents that are in the ROM towers and do not have access to their POVs
 - On Isolation status
- 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:
 - 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.
 - 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.
- 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.

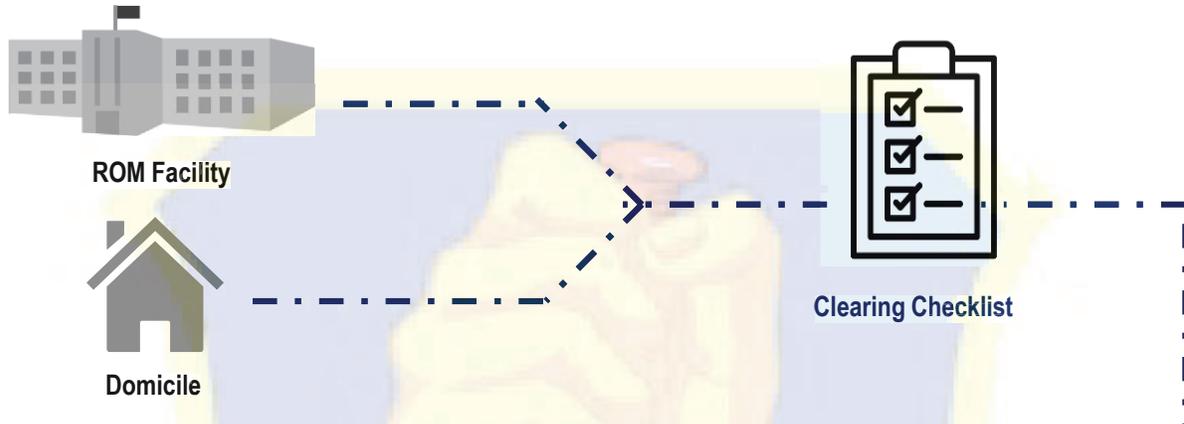
Medical COVID Cell contact information:

DSN: 226-5575/6555

Commercial: 0176-77-6555



OUT PROCESSING ROM



CLEARING CHECKLIST

	UNVACCINATED PERSONNEL Completed Assigned ROM: 7-Day Residential & 7-Day Installation	VACCINATED PERSONNEL Completed Assigned ROM: 10-Day Installation
	Confirmation of Negative COVID test taken on day 5 of ROM (REFER to PAGE 2) and show no COVID related symptoms (Loss of taste/smell, Fever, Chills etc.)	
	Released by Chain of Command to transition to Installation ROM	Confirmation of Negative COVID test taken on day 5 of ROM (REFER to PAGE 2) and show no COVID related symptoms (Loss of taste/smell, Fever, Chills etc.)
	Room inspected by Contingency Lodging (If resided in 1935/1936/220) between 1030 and 1330	
	On Day 14 and Same Hour of Arrival Cleared by Chain of Command to EXIT Installation ROM	On Day 10 and Same Hour of Arrival Cleared by Chain of Command to EXIT Installation ROM



Clearing Checklist Complete



Release from ROM

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 - You have received a 2 dose series or single dose vaccine series and 14 days has elapsed since final dose. *You must have proof of vaccination.

Residential ROM - Residential ROM is the most restrictive ROM and limits personnel movement and interaction to personal residence or ROM towers for 7 days, then a transition to installation ROM for an additional 7 days. Unvaccinated 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 10 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.