

Current as of 10 Jan. 2022



ROM

Restriction of Movement HANDBOOK



Yokota Air Base, Japan

A reference handbook for new arrivals to Yokota Air Base Japan, including policy, guidelines, resources and what to expect throughout the ROM period.



YOKOTA AIR BASE ROM HANDBOOK



Col Andrew J. Campbell
Commander
Yokota AB

WELCOME TO JAPAN

On behalf of the U.S Forces Japan, it is our pleasure to welcome you to Yokota Air Base. We are excited to have you as a member of Team Yokota. 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 Jerry J. Dunn
Command Chief
Yokota AB

Due to COVID-19, anyone arriving from outside Japan or the defined local area must spend their first days in a 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. This handbook will answer many of the questions you may have regarding ROM. Please familiarize your self with this handbook and also the Yokota Installation ROM policy and Yokota PHE letter found on the Yokota web site, www.yokota.af.mil/Covid-19.

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 Yokota Air Base.

Your safety and health is critically important to our mission and to keeping Team Yokota 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.



OVERVIEW OF ROM PROCEDURES



Please ensure your CSS or first sergeant is notified on the day you arrive and begin ROM.

YOKOTA AIR BASE
(PATRIOT EXPRESS)



HANEDA / NARITA AIRPORT
(COMMERCIAL AIR)



Medical Screening/Testing
(Plan for COVID screening
to take roughly 1 hour)

Use of public transportation is **prohibited!**



The only transportation allowed
are POVs or official shuttle.
(When coming from Haneda/
Narita)

ARRIVING TO JAPAN - VACCINATED SOFA - STATUS PERSONNEL



Begin 14-days of U.S.
installation restriction



Complete Viral test on
or after day 5 of ROM

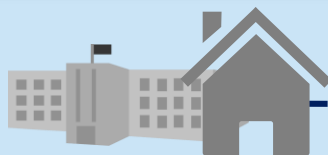


After 14 days
complete w/ negative test .



Exit ROM

ARRIVING TO JAPAN - UNVACCINATED SOFA – STATUS PERSONNEL



Begin Traditional
14-day ROM



Complete Viral test on
day 5 of ROM



"Hard ROM"/remain
in their home/lodging for
7 days, followed by **7
days "Working
ROM"**/restricted to a
U.S. installation **(with
a negative test)**



After 14 days
complete w/ negative test . Exit ROM



Exit ROM

COORDINATE WITH YOUR UNIT/SPONSOR IN ADVANCE OF YOUR ARRIVAL TO CONFIRM YOUR ARRIVAL PLAN.
ONCE YOU ARRIVE, COORDINATE WITH YOUR SPONSOR OR UNIT POC TO SCHEDULE YOUR COVID TEST TAKEN ON OR AFTER ROM.

For information regarding shuttle transportation: 225-9121

LANDING VIA COMMERCIAL AIR

SHUTTLE HOURS 0700-1600

U.S CASH PAYMENT ONLY

FSS After Hours Shuttle Phone

1800 - 2100

+81 080 5022 1485

Narita/Haneda Airport FSS Dispatch: 225-7720

HANEDA SCHEDULE

MON-SUN
\$20 All Ages

NARITA SCHEDULE

MON-SUN
\$40 Ages 13 & Up, \$30 Ages 12 & Below

TO HANEDA	Bus #1	Bus #2	TO NARITA	Bus #1	Bus #2
DEPARTS TLF BLDG. 4304	10:15 a.m.	12:45 p.m.	DEPARTS TLF BLDG. 4304	9:30 a.m.	11:30 a.m.
DEPARTS KANTO LODGE	10:45 a.m.	1:15 p.m.	DEPARTS KANTO LODGE	10 a.m.	12 p.m.
EST. ARRIVAL	1:15 p.m.	3:30 p.m.	EST. ARRIVAL	1:30 p.m.	3:30 p.m.
TO YOKOTA AB	Bus #1	Bus #2	TO YOKOTA AB	Bus #1	Bus #2
DEPARTS HANEDA	4 p.m.	7 p.m.	DEPARTS NARITA	5 p.m.	7 p.m.
EST. ARRIVAL	6:30 p.m.	9 p.m.	EST. ARRIVAL	8 p.m.	10 p.m.

Pets are NOT allowed on the Yokota-Airport 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/>



ENTERING ROM



ROM Lodging or
their 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 3**. ALL INDIVIDUALS MAY WALK-IN TO TAKE A **COVID-19 TEST**, REFER TO **PAGE 8**.



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



Wi-Fi will be available in all ROM facilities. Charges may apply in some locations.

Contact your Allied Telesis for an access code if in gov dorm. To contact them dial:

Japanese cell phone 042-552-2510 ext 97411.

US cell phone 1-415-692-8300.

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



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.yokotafss.com/dining or www.aafesprem.imenu360.com/mainland-Japan.html to order.



Unaccompanied members, E-6 and below will be placed on a meal card.

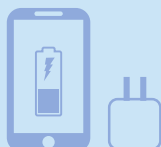
Accompanied members arriving with dependents staying in the Kanto Lodge will receive per diem.

Units or sponsors are expected to assist with any meals or groceries.

RECOMMENDED PACKING LIST • ITEMS NOT PROVIDED



HYGIENE KIT



TABLET/PHONE W/ CHARGER



PRESCRIPTIONS



BABY REQUIREMENTS



DIAPERS



FORMULA

WIPES



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!

Unaccompanied Airmen, E-6 and below, will be provided three hot meals per day from the DFAC. Delivery should be coordinated through Unit Sponsor or first sergeant.

Accompanied Airmen and GS Civilians can receive hot meals from the DFAC at own expense. Delivery should be coordinated through Unit Sponsor.

Food from the Samurai Cafe can be picked up between the following hours 7 days a week:

Breakfast: 5:30-8:00 a.m.

Lunch: 11:00 a.m.-1:00 p.m.

Dinner: 5:00-8:00 p.m.



A Chaplain is available. 24/7
at 225-3740 or 042-507-6550

A Military and Family Life Counselor (MFLC)
is available during normal duty hours.
MFLC: 080-7944-1010/2959

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.



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

Mask Wear Guidance

a. IAW FRAGO-003 to USFJ Force Public Health Order 21-004, all individuals on U.S. military installations in Japan and all individuals performing duties in Japan on behalf of the DoD from any location other than the individual's home, including outdoor shared spaces and regardless of vaccination status, will wear a mask. This mask mandate applies to military personnel; DoD civilian employees and host nation employees; family members; DoD contractors; and all other individuals on DoD property, installations, or facilities in Japan.

b. While off-installation in Japan, all SOFA-status personnel, regardless of vaccination status, are required to wear masks in public, i.e., outside of a private dwelling. Japanese citizens commonly wear masks in public settings and our personnel should do so off-installation to prevent the spread of infection and to promote a responsible image to the host nation civilian population. c. This mask mandate is not required on military installations in Japan under the following circumstances:

c. This mask mandate is not required on military installations in Japan under the following circumstances:

- For children aged two (2) years and under;
- When engaging in outdoor, individual physical fitness activities while maintaining social distancing;
- When alone in an office with floor-to-ceiling walls with a closed door;
- For brief periods of time when eating or drinking on the installation in accordance with Centers for Disease Control and Prevention guidelines and instructions from commanders and supervisors;
- When a mask is required to be lowered briefly for identification or security purposes; or
- When necessary to reasonably accommodate an individual with a disability.



ROM TESTING PROCESS



- All members will need to be tested out of ROM.
- All testing will occur at the MDG Tent. Shuttle pick up at the Kanto Lodge, 0800.
- For information regarding Shuttle transportation: **Call 315-225-9121**
- To prevent members from being delayed out of ROM, they should be tested on day 5 of their ROM period regardless of their vaccination status.

LOCATIONS AND TIMES FOR TESTING:



Yokota AB COVID Testing

Walk-ins OK! No Appointment or ROM Tracker Required

	Testing Procedures MDG Tent (Bldg 4408)	Result Pickup or Notification
Travel Testing	0800 – 0930	MDG Annex (Bldg 4413) CONUS travel: 1430 Same Day OCONUS travel: 0930 Next Day
ROM Exit	0800 – 0930	Positive results will be contacted by a provider Negative results available by email or Tricare Online
Persons with Symptoms and Close Contacts	1000 – 1130 and 1300 – 1430	Positive results will be contacted by a provider Negative results available by email or Tricare Online

This will be go into effect 11 Jan 2022
Questions? Contact DSN 225-1300

Testing is available 7 Days a week

Close Contacts are managed by Public Health and may test more than once

Bus transport between Kanto Lodge and MDG runs daily. Bus departs Kanto Lodge at 0815 and returns after all persons have completed testing.



Integrity - Service - Excellence

CAO: 10 Jan 2022



NOTES/RESOURCES

TRANSIENT PERSONNEL

Individuals not stationed at Yokota AB waiting for connecting air travel to their duty station are required to ROM at their branch of service's closest installation. Contractor and DOD civilians should ROM at the branch of service's closest installation that matches their travel orders.

Air Force: Yokota Air Base

Navy and Marines: Fleet Activities Yokosuka

Army: Camp Zama

ADDITIONAL RESOURCES

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

Yokota AB Facebook: <https://www.facebook.com/yokotaairbase/>

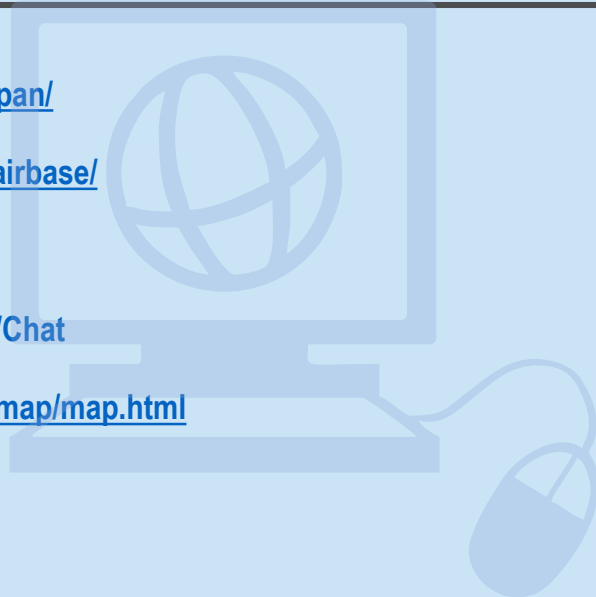
Yokota Website: www.Yokota.af.mil

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

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

Yokota FSS: www.yokotafss.com

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



Kanto Lodge - 315-224-2002 or 042-507-6534

Military Housing Office - 315-225-3496

On-Call Chaplain - 315-225-3740 or 042-507-6550

Unaccompanied Housing - 315-224-8045

Calling a DSN from a Japanese cell - 42-552-2511+ Last 5 digits of the DSN Line



MASK WEARING AT ALL TIMES IN...

MEDICAL • DENTAL • DODEA FACILITIES

**For more information about Yokota Air Base
COVID-19 Policy, visit**

WWW.YOKOTA.AF.MIL/COVID-19/

or

Download the Air Force Connect App

or

Visit the Yokota Air Base Facebook Page