

# Yokota Air Base COVID-19 Frequently Asked Questions

COA: 24 May 21

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## GENERAL HEALTH QUESTIONS

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### ***What do I do if I feel sick?***

- If you are experiencing possible COVID-19 symptoms such as: fever, cough, difficulty breathing, chills, muscle aches, fatigue, headache, sore throat, stuffy nose, nausea, vomiting, diarrhea, or sudden loss of taste or smell, **DO NOT go to work** or expose others. If these symptoms are **moderate** remain in your home and contact the 374 Medical Group COVID-19 Hotline during normal duty hours (0730-1630, M-F) at DSN: 225-8864 Opt 7 or Cell: 042-552-2510 Ext. 58864 Opt 7 for a health screening and instructions.
- If you are experiencing **severe** symptoms, please call 911 or present to the Urgent Care or closest Emergency Room. If there is time, please call the Urgent Care (225-7740) to inform them that you will be presenting with any of the above symptoms in order for their staff to don the appropriate personal protective equipment.
- If you are sick but not experiencing the above symptoms then please talk to your supervisor or PCM about quarters and/or appropriate medical evaluation if necessary.

### ***What do I do if I think I may have been exposed to COVID-19?***

- If you think you have been exposed to COVID-19 **DO NOT go to work** or expose others, remain in your home and contact the 374 Medical Group COVID-19 Hotline during normal duty hours (0730-1630, M-F) at DSN: 225-8864 Opt 7 or Cell: 042-552-2510 Ext. 58864 Opt 7.

### ***I have received the COVID-19 vaccine in the past 24 hours and feel sick. What do I do?***

- If you have received the vaccine within the past 24 hours and are experiencing soreness or mild redness around the injection site, fevers, headache, fatigue, muscle aches or nausea, you are likely experiencing known symptoms related to your body's immune response to the COVID-19 vaccine.
- If side effects from the vaccine last beyond 72 hours, please call the 374 Medical Group COVID-19 Hotline during normal duty hours (0730-1630, M-F) at DSN: 225-8864 Opt 7 or Cell: 042-552-2510 Ext. 58864 Opt 7 for a health screening and instructions.
- If you are experiencing a rash, swelling of the face, mouth or throat, difficulty breathing, shortness of breath, chest pain, severe headache, or vision changes, please present immediately to the Urgent Care or closest Emergency Room to be evaluated.

### ***Why can I not get an appointment in a timely fashion?***

- The 374 MDG personnel are diligently fighting the Global Pandemic and keeping the community safe through COVID-19 screening, evaluation, testing, contact tracings, monitoring the health of COVID-19 positive patients and their close contacts, follow-up testing and evaluation of positive patients, ROM (Restriction of Movement) testing, pre-travel testing and vaccinations. These responsibilities take an incredible number of manpower resources to accomplish. We ask that you be patient with our competing priorities. Your health is still very important to us. If you have an urgent/emergent matter please contact your PCM or present to the Urgent Care Center.

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## ***RESTRICTION OF MOVEMENT (ROM)***

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### ***I am currently in ROM and I have questions.***

- For questions about ROM, please review the ROM handbook and contact your Unit ROM POC.

### ***Do I have to ROM if I have been vaccinated?***

- All DoD uniformed personnel, members of the civilian component, and individuals with SOFA-status arriving in Japan from another country that are fully vaccinated (14 days after a 2 dose series or single dose vaccine) shall travel directly to their domicile and will, at a minimum, be restricted to a U.S. installation for 14 days. On or after day 8, vaccinated individuals will be required to take a viral test. After day 14, the individuals that have a negative viral test may have the restriction to an US installation removed. The individual must remain asymptomatic for the duration of the vaccinated ROM period of 14 days.
- For questions about ROM, please review the ROM handbook and contact your Unit ROM POC.

### ***My exit ROM COVID-19 test is showing negative in Tricare On-Line. Can I discontinue ROM?***

- No, vaccinated personnel must conduct a 14 day ROM period that consists of a restriction to Yokota AB with access to all on-installation facilities. Unvaccinated personal must conduct a 14 day ROM period that consists of 10 days in their domicile and 4 days base restriction.
  - For those whose domicile is off-installation or located at an U.S. installation other than their assigned location, personnel must remain either in their domicile or on their assigned installation. Non-stop travel may be conducted in a direct route between the two via POV/GOV during the full 14 days after arrival in country.
- For questions about ROM, please review the ROM handbook and contact your Unit ROM POC.

### ***What if I have a medical problem while in ROM?***

- Call the 374 Medical Group COVID-19 Hotline during normal duty hours (0730-1630, M-F) at DSN: 225-8864 Opt 7 or Cell: 042-552-2510 Ext. 58864 Opt 7 for a health screening and instructions. For emergent issues, please present to the Urgent Care Center or call 911 and inform them that you are currently in travel ROM.

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## **PRE-TRAVEL TESTING**

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### ***Is COVID-19 travel testing required to go to the US and how do I get it?***

- Per the latest Yokota Command Directive, in compliance with regulations set forth by the CDC and airlines, all travelers returning to the US will require proof of a negative COVID-19 test within 3 days of departure.
- Members flying on commercial airlines will need to check with those airlines and accepting airports for their specific requirements.
- Members with destinations outside of the continental US (i.e. Hawaii, Germany, etc.), will need to check for specific requirements as some locations only accept results from approved facilities or require shorter windows of testing before arrival.
- Members traveling for OFFICIAL or UNOFFICIAL travel may schedule their test through their Unit POC.
- Testing will be provided for all TRICARE-eligible personnel for OFFICIAL and UNOFFICIAL travel, at no expense to the traveler. If you are unable to obtain testing in this manner then you will need to find a testing location on the economy. Test costs will be at the member's expense.
- Tests should be completed 3 days prior to departure or in accordance with your airline and accepting airport requirements. If members schedule their tests outside of that timeframe, they run the risk of not receiving results on time, or not being in compliance with travel requirements.

### ***If I am traveling internationally and need a COVID test, how and where do I get this done?***

- Each country dictates their specific entry requirements. Please check with the airline and the accepting airports for their specific requirements. Once you have determined if a test is required, refer to the previous answer regarding testing options.

### ***I got a COVID test in order to travel. How do I get my COVID test results before my flight?***

- The primary method of retrieving your results is through Tricare Online ([www.tricareonline.com](http://www.tricareonline.com)). Individuals can print a PDF of their COVID-19 results by selecting Health Record > Laboratory Results > click the "Blue Button Download/Share my Data" icon. To print ONLY your COVID-19 result, enter the date your test was conducted, select Laboratory results and select all subsections, and then click "Download PDF". This print out contains all required information per the CDC.

Instructions are also located on the AF Connect app under Yokota AB > 374 MDG > References > COVID-19.

- If the member is unable to access Tricare Online, they can retrieve a printed copy of their results from Bldg. 1562 7 days/week from 0800-0900 and 1500-1600. Note: The pick-up location is the day room for Tower 1562. Do NOT enter the housing area.
- If the member obtained a COVID test from US Naval Hospital Yokosuka (USNHY) then please access results through Tricare Online or from USNHY.
- If the member obtained a COVID test from a private testing center, please coordinate receiving results through that center.

***Do I need pre-travel testing if I was previously positive for COVID-19?***

- Patients who have tested positive for COVID-19 in the past 90 days do not require pre-travel testing.
- You will require a note from a provider and a copy of your COVID-19 test to be waived of this requirement.
- Patients who have tested positive for COVID-19 greater than 90 days ago will require pre-travel testing.

***Do I need pre-travel testing if I have completed my COVID-19 vaccination schedule?***

- Yes, currently vaccination status does not exempt a member from pre-travel testing.

***Can I get a waiver for pre-travel testing if I need to leave immediately on emergency leave?***

- Waivers will NOT be granted for pre-travel requirements. Please work with your First Sergeant to arrange expedited testing.

***How do I obtain a Rapid test in order to get my results faster?***

- Due to limited 374 MDG lab capabilities Rapid tests for travel are only authorized:
  - In emergent situations (i.e. emergency leave) which need to be coordinated through your First Sergeant to arrange expedited testing.
  - When a level no lower than the Group Commander (or first O-6 in the chain of command) seeks testing approval from the Public Health Emergency Officer (PHEO), Deputy MDG/CC, or MDG/CC.

***What are the testing times and locations?***

- ROM Testing: Monday-Saturday (including holidays and down days):
  - Location and Times:
    - Kanto Lodge 0845
    - Bldg. 2091 0945
    - MDG Tent 1015
- Travel Testing: 7 days a week (including holidays and down days):
  - Locations and Times:
    - MDG Tent 1045
- **Afternoon testing is reserved for Persons under Investigation (PUIs) and potential Close Contacts ONLY!**

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## COVID-19 VACCINE

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### ***Who is eligible to receive COVID-19 vaccine at Yokota AB?***

- Active Duty service members and their dependents stationed at Yokota AB.
- GS civilians and contractors employed at Yokota AB who possess a DoD ID.
- Retirees in the community who possess a DoD ID.

### ***What vaccine will Yokota AB be offering?***

- Yokota AB is administering the Moderna and Janssen COVID-19 vaccine to adults 18 years old and older and the Pfizer COVID-19 vaccine to children 12-17 years old.

### ***I am curious about the Moderna COVID-19 vaccine. Where can I get more information?***

- There are multiple resources available to you:
  - CDC link: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>
  - FDA Website: <https://www.fda.gov/emergency-preparedness-and-response/mcm-legal-regulatory-and-policy-framework/emergency-use-authorization>
  - Moderna Website: <https://www.modernatx.com/covid19vaccine-eua/recipients/faq>

### ***I am curious about the Janssen COVID-19 vaccine. Where can I get more information?***

- There are multiple resources available to you:
  - CDC link: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>
  - FDA Website: <https://www.fda.gov/emergency-preparedness-and-response/mcm-legal-regulatory-and-policy-framework/emergency-use-authorization>
  - Johnson & Johnson Website: <https://www.jnj.com/latest-news/things-to-know-about-johnson-johnson-janssen-covid-19-vaccine>

### ***I am curious about the Pfizer COVID-19 vaccine. Where can I get more information?***

- There are multiple resources available to you:
  - CDC link: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>
  - FDA Website: <https://www.fda.gov/emergency-preparedness-and-response/mcm-legal-regulatory-and-policy-framework/emergency-use-authorization>
  - Pfizer Website: <https://www.pfizer.com/news/hot-topics/the-facts-about-pfizer-and-biontech-s-covid-19-vaccine>

### **What is the difference between the vaccines being offered by the US Government?**

- From [www.cdc.gov](http://www.cdc.gov)

<b>Vaccine Brand Name</b>	<b>Technology</b>	<b>Who Can Get this Vaccine</b> <sup>[1]</sup>	<b>How Many Shots You Will Need?</b>	<b>When Are You Fully Vaccinated?</b>	<b>Effectivity</b>
<a href="#"><u>Pfizer-BioNTech</u></a>	mRNA vaccine	People 12 years and older	<b>2 shots</b> Given 3 weeks (21 days) apart <sup>[2]</sup>	2 weeks after your second shot	95% in preventing laboratory confirmed COVID-19
<a href="#"><u>Moderna</u></a>	mRNA vaccine	People 18 years and older	<b>2 shots</b> Given 4 weeks (28 days) apart <sup>[2]</sup>	2 weeks after your second shot	94.1% in preventing laboratory confirmed COVID-19
<a href="#"><u>Johnson &amp; Johnson's Janssen</u></a>	Viral vector vaccine	People 18 years and older	<b>1 shot</b>	2 weeks after your shot	66.3% in preventing laboratory confirmed COVID-19. 100% in preventing hospitalization

<sup>1</sup> If you have had a severe allergic reaction (anaphylaxis) or an immediate allergic reaction to any ingredient in the vaccine you are scheduled to receive, you should not get that vaccine. If you have been instructed not to get one type of COVID-19 vaccine, you may still be able to get another type.

<sup>2</sup> You should get your second shot as close to the recommended 3-week or 4-week interval as possible. However, your second shot may be given up to 6 weeks (42 days) after the first dose, if necessary.

### **Can I get COVID-19 from receiving the vaccine?**

- No. The vaccines being offered DO NOT contain the SARS-CoV-2 virus and cannot cause disease. Because it activates the immune system, it can cause mild symptoms in some people (e.g., fatigue, achiness, fever).

### **Has anyone died from receiving the COVID-19 vaccine?**

- To date, according to the CDC, the United States has administered more than 245 million doses of COVID-19 vaccines. Only two serious types of health problems after vaccination have been identified. Anaphylaxis (a severe allergic reaction) after COVID-19 vaccination is rare and occurred in approximately 2 to 5 people per million in the United States. Fortunately, vaccination providers have therapies available to effectively and immediately treat patients who experience anaphylaxis following vaccination. Thrombosis with Thrombocytopenia Syndrome after vaccination with Janssen COVID-19 vaccination has been observed in 7 per 1 million women between 18-49 years old. The CDC does not comment on the incidence of death from the vaccination. They do report that the known and potential benefits of the vaccine outweigh the known and potential harms of becoming infected with COVID-19.

### **Is the COVID-19 vaccine mandatory for Active Duty service members?**

- No, the vaccine is voluntary at this time.

***I am ready to get the COVID-19 vaccine. When and where can I get it?***

- Please visit <https://informatics-stage.health.mil/YokotaCOVIDApp/> to make an appointment.
- Vaccine supply is challenging overseas as vaccinations sites are being prioritized all over the world with limited manufacture supply. Your flexibility is appreciated and the MDG is working hard to ensure everyone receives there vaccines within the recommended timeframe.
- Please DO NOT contact the MDG appointment line or the Immunizations clinic to schedule your vaccination. Your call/question may not be answered as we are engaged in our regular operations.

***I have medical problems. Am I considered high risk?***

- Per the CDC, high risk conditions include Chronic Kidney Disease, Sickle Cell Disease, Cerebrovascular disease, Immunocompromised state (i.e. solid organ transplant, HIV, use of corticosteroids or other immunosuppressive medications), Cancer, Pregnancy, Coronary Artery Disease, Heart Failure, Cardiomyopathies, Type 1 and 2 DM, COPD, Lung disease such as interstitial lung disease/pulmonary fibrosis, Down Syndrome, Overweight and Obesity (25 kg/m<sup>2</sup> or higher), Dementia, Liver disease, Smoking, Substance use disorders. Please discuss any specific health related questions with your PCM.

***Should I get the vaccine if I am pregnant or breast feeding?***

- Pregnant and lactating patients were not included in the initial vaccine trials. However, pregnant or lactating patients should consider the efficacy of the vaccine, the risk and potential severity of contracting COVID while pregnant or lactating, and the safety of the vaccine to determine if they wish to receive the vaccine.
- ACOG (American College of Obstetricians and Gynecologists) recommends that COVID-19 vaccines should not be withheld from pregnant individuals who meet criteria for vaccination based on ACIP-recommended priority groups and are desiring to be vaccinated.
- The CDC and FDA safety monitoring system have not identified any additional safety concerns for pregnant people who were vaccinated or for their babies.
- Pregnant and lactating patients should be offered the ability to speak with an obstetrical healthcare provider prior to receiving the vaccination, but this is not a requirement to obtain the vaccination
- Studies in animals receiving a Moderna, Pfizer, or Janssen COVID-19 vaccine before or during pregnancy found no safety concerns in pregnant animals or their babies.
- ACOG recommends COVID-19 vaccines should be offered to lactating individuals similar to non- lactating individuals when they meet criteria for receipt of the vaccine. Recent reports have shown that breastfeeding people who have received COVID-19 mRNA vaccines have antibodies in their breastmilk, which could help protect their babies.

***I am due for my 2<sup>nd</sup> dose of Moderna or Pfizer COVID-19 vaccine. When and where can I get it?***

- The back of your vaccine card should indicate a date that is 28 days from your 1<sup>st</sup> dose vaccine. The CDC has provided a recommended window of 24-42 days within which to receive the 2<sup>nd</sup> dose. A 2<sup>nd</sup> dose will not be given before 24 days but it will be offered even if the 42 day limit has been exceeded.
- We have pre-ordered all the second doses of the COVID-19 vaccine. However, we are highly dependent on our supply chain. Once we receive our orders, you will receive notification from the Wing/MDG when vaccination lines will be held. The units will disseminate the information down to eligible groups/individuals.
- Information about vaccine lines will also be announced on the AFMS-Yokota-374th Medical Group Facebook page.

***My 2<sup>nd</sup> dose Moderna or Pfizer vaccine due date falls on a weekend, will I be given vaccine that day?***

- Your 2<sup>nd</sup> dose due date is the date that falls 28 days after your 1<sup>st</sup> dose. This could be on a weekend or even a holiday. Depending on when vaccination lines are stood up you could receive your vaccine on a weekend/holiday. There is, however, a 24-42 day recommended window in which to receive your 2<sup>nd</sup> dose vaccine. It is most likely you will receive your vaccine on a duty day.

***What if I do not receive my 2<sup>nd</sup> dose Moderna or Pfizer vaccine before the 42 days?***

- Per CDC guidance, there is no maximum interval between the 1<sup>st</sup> and 2<sup>nd</sup> dose. This means you DO NOT have to restart the series; you would get the 2<sup>nd</sup> dose as soon as you are able to. We, however, cannot give accurate information about the efficacy of the vaccine with an extended time interval as this was not studied during the clinical trials.

***I received my 1<sup>st</sup> dose Moderna vaccine but now I am PCSing/going TDY or deploying. When can I get my 2<sup>nd</sup> dose?***

- You should get your second shot as close to the recommended 1-month interval as possible. As long as the MDG has vaccines available you can expect to get your 2<sup>nd</sup> dose anywhere from 24 days to 42 days after the 1<sup>st</sup> dose. However, there is no maximum interval between the first and second doses and therefore, you can receive your vaccine once you return or arrive to your new duty location. Please ensure that you are receiving the same vaccine (i.e. Moderna) as your first dose. You should not get the second dose earlier than the recommended interval.

***I don't think I will be able to get my 2<sup>nd</sup> dose here at Yokota, but I may be able to get it at my new base/TDY/deployed location where they are NOT offering the Moderna vaccine. What do I do?***

- The Janssen vaccine requires only 1 dose and therefore is the preferred vaccine option in this situation.
- It is recommended that with the 2 doses Moderna vaccine you wait and receive both of your doses at your new duty location. If you have already received your 1<sup>st</sup> dose vaccine and are unable to receive a 2<sup>nd</sup> dose by the same manufacturer, you will need to restart a 2 dose series or receive a vaccine that only requires 1 dose such as Janssen.

***If I have received my COVID-19 vaccine do I still need to wear a mask, social distance, ROM, and obtain pre-travel testing?***

- All fully-vaccinated individuals on Yokota Air Base or Tama Hills Recreation Area are no longer required to wear masks indoors or outdoors on the installation with the following exceptions:
  - (1) All personnel are still required to wear a mask when inside any medical or dental facility on the installation regardless of vaccination status. Masks are also required when entering any school, child care center, or daycare facility on the installation.
  - (2) All personnel are still required to wear masks while off the installation in Japan and in public (i.e. not in a private dwelling). Japanese citizens commonly wear masks in public settings and our personnel should also do so off-installation at this time of heightened COVID response to prevent the spread of infection and to promote a responsible image to the host nation civilian population.
  - (3) Fully-vaccinated individuals are still required to wear a mask when using any form of public transportation such as planes, buses, trains, or subways either on or off the installation. This includes those passengers using military air or contracted flights that depart or arrive at Yokota Air Base.
  - (4) Fully-vaccinated individuals must wear a mask while interacting with any host nation personnel on the installation including civilian employees and Japanese Self-Defense Force personnel. The definition of interacting includes, but is not limited to, approaching a cashier at a facility on base such as the commissary, BX, or a dining establishment, working in an office environment with no divider or social distance possible, or being within six feet of host nation personnel on the installation.
- Strict social distancing (6 feet of distance from all other personnel) still applies to any activity outside of the residence or domicile.
- ROM is still required for vaccinated members.
- Pre-travel testing is still required for vaccinated members.

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## **GENERAL QUESTIONS**

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***Where can I find additional information?***

- Yokota Air Base Website: <https://www.yokota.af.mil/COVID-19/>
- Yokota Air Base Facebook (@YokotaAirBase): <https://www.facebook.com/yokotaairbase>
- USAF Connect App (Favorites – 374 AW)
- 374 AW COVID Command Cell (C3) SharePoint: [https://usaf.dps.mil/sites/yokota/COVID\\_INFO/SitePages/Home.aspx](https://usaf.dps.mil/sites/yokota/COVID_INFO/SitePages/Home.aspx)