



# 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.

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. 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 and also the Yokota Installation ROM policy letter found on the Yokota web site, [www.yokota.af.mil/Covid-19](http://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.

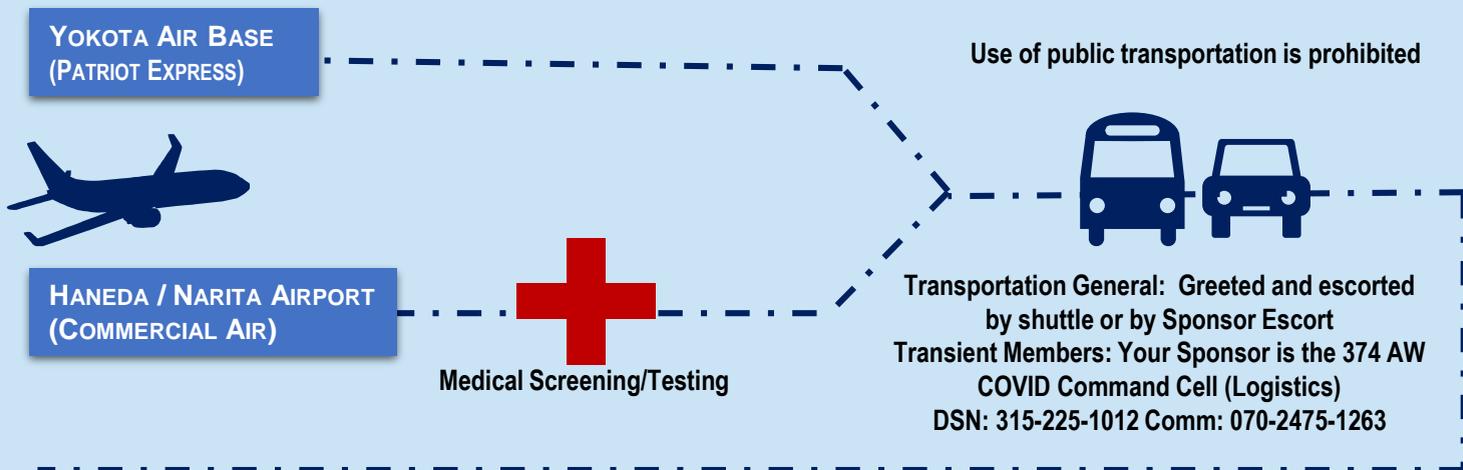
## TABLE OF CONTENTS

- OVERVIEW OF ROM PROCEDURES ..... 3
- LANDING VIA COMMERCIAL AIR ..... 4
- ENTERING ROM ..... 6
- DAY-TO-DAY LIFE IN ROM ..... 7
- ROM TESTING PROCESS ..... 8
- OUT PROCESSING ROM ..... 9
- NOTES / RESOURCES .....10



# OVERVIEW OF ROM PROCEDURES

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



## NEWLY ARRIVING TO JAPAN (PCS) VACCINATED SOFA – STATUS PERSONNEL



## NEWLY ARRIVING TO JAPAN (PCS) UNVACCINATED SOFA – STATUS PERSONNEL



## 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.  
 ONCE YOU ARRIVE, COORDINATE WITH YOUR SPONSOR OR UNIT POC TO SCHEDULE YOUR COVID TEST TAKEN ON OR AFTER ROM.

COVID COMMAND CELL (LOGISTICS) DSN 315-225-1012, Comm: 070-2475-1263 IS THE SPONSOR FOR TRANSIENT MEMBERS



# LANDING VIA COMMERCIAL AIR



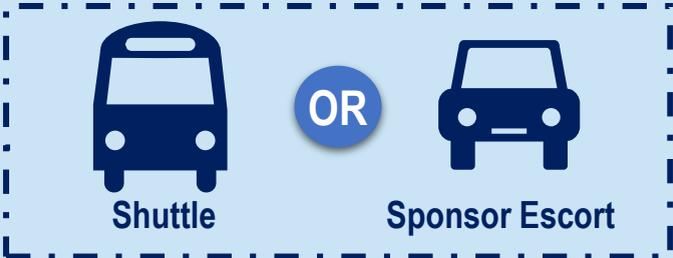
New arrivals will be escorted to a screening area for a temperature check and questionnaire.

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.



Japan Customs

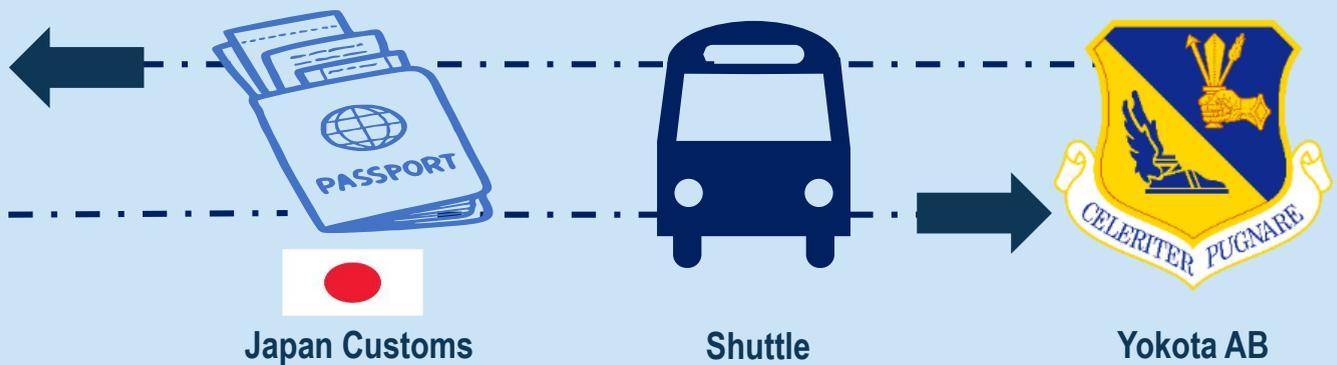


Yokota AB

**NOTE:** Individuals who receive a **NEGATIVE** COVID-19 test at the airport are still **REQUIRED** to ROM and take another COVID test, REFER PAGE 3. SOFA travelers may proceed to Mil transport and are not required to wait in holding area for COVID-19 testing results

**Important Phone Numbers:**  
Yokota Passenger Terminal: 011-81-3117-55-7111  
Yokota FSS Vehicle Operations: 001-81-3117-55-7720

# LANDING VIA COMMERCIAL AIR



To: Yokota AB LRS Dispatch:225-9121

ARRIVAL	DESTINATION
Before 1500	Building 400
After 1500	Kanto Lodge

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

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

To: 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 p.m.	11:30 p.m.
DEPARTS KANTO LODGE	10:45 p.m.	1:15 p.m.	DEPARTS KANTO LODGE	10 p.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 PAGE 3. ALL INDIVIDUALS MUST WORK WITH THEIR SPONSOR TO **SCHEDULE A COVID-19 TEST**.



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



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

### 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](http://www.yokotafss.com/dining) or [www.aafesprem.imenu360.com/mainland-Japan.html](http://www.aafesprem.imenu360.com/mainland-Japan.html) to order.



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.



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



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: 315-225-8864

Cell: 042-552-2510

### COVID-19 SYMPTOMS:

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

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.



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

### For VACCINATED personnel

Fully-vaccinated individuals will apply the following rules when it comes to mask wear. Being fully-vaccinated is defined as being 14 days after either the second dose of a two dose vaccine series or 14 days after a single dose vaccine. 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: interacting with any host nation personnel on the installation including civilian employees and Japanese Self-Defense Force personnel or inside any medical, dental, or daycare facility, school, child care center, or public transportation on the installation.

### For VACCINATED & UNVACCINATED personnel

Personnel will not leave their domicile (lodging room is considered a domicile) while in ROM except for the following reasons:

- a. An activity of short duration (ex. Laundry)
- b. To take a pet for a short walk near your domicile
- c. A wellness break taken in a yard surrounding your domicile (This does not include use of any community playgrounds or on-base shopping facilities)
- d. To conduct an end-of-ROM COVID-19 test
- e. For personnel with a PDS of other than Yokota Air Base, personnel may transport to either another USFJ facility, residence, or domicile via a USFJ vehicle or to Yokota Air Base passenger terminal solely when anticipating military or military airlift to another USFJ facility
- f. In case of a medical emergency or fire in the domicile.

**Only family members can co-mingle with people of different vaccination status.**

**CALLING A DSN FROM JAPAN CELL:  
START WITH 042-552-2511+LAST 5 DIGITS OF THE DSN LINE**



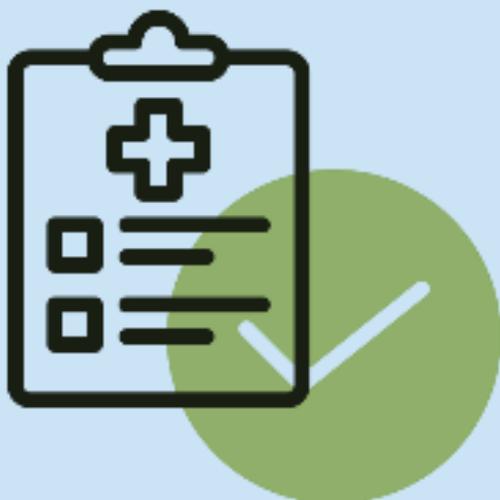
# ROM TESTING PROCESS

**TESTING COORDINATION:** Yokota AB members contact your unit POC upon arrival. Transient members **NO MATTER HOW LONG YOUR STAY WILL BE AT YOKOTA** complete the 374 MDG Form 11-16 and place it in the drop box at the lodging front desk upon arrival. In addition contact the 374 AW COVID Command Cell (Logistics)

DSN: 315-225-1012 Comm: 070-2475-1263

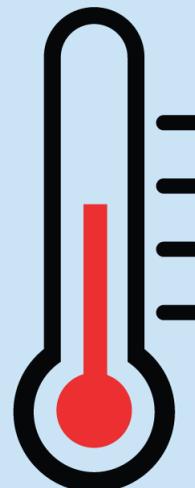
**TRICARE MEMBERS** enrolled in TRICARE Online can also access their results virtually however, this is not your official release from ROM.

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



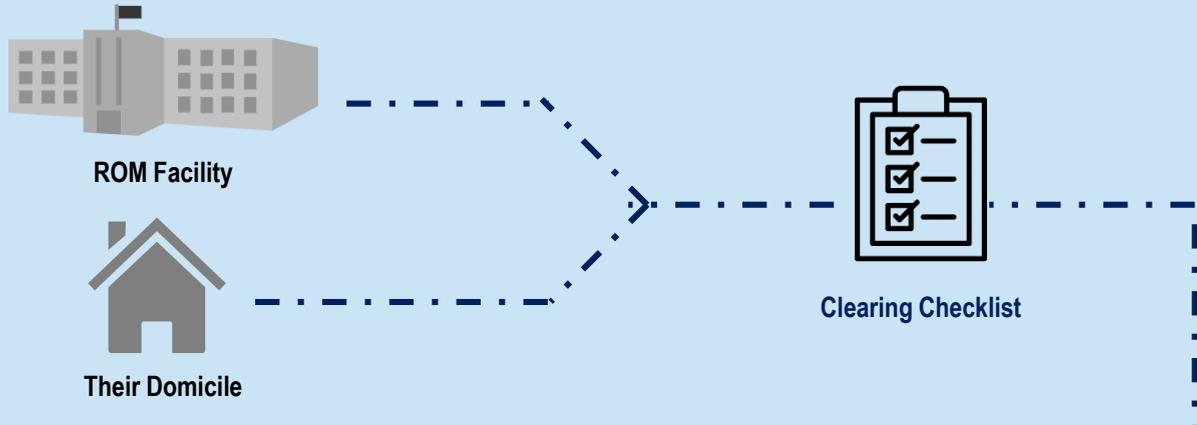
- All members will need to be tested out of ROM
- Testing is conducted Mon-Sat at scheduled times.
- Testing must be scheduled 6 days in advanced otherwise an O-6 endorsement is required.
- To prevent members from being delayed out of ROM, they should be tested on day 8 of their ROM period regardless of their vaccination status.
- The test is a anterior or nasopharyngeal swab.

LOCATIONS AND TIMES FOR TESTING:		
Monday - Saturday		
Location	Showtime	Member Type
Kanto Lodge	0845	ROM
Bldg. 2091	0945	ROM
MDG Tent	1015	ROM
MDG Tent	1045	Travel
MDG Tent	1300	PUI's
Sunday		
*Travel Testing ONLY*		
Location	Showtime	Member Type
MDG Tent	1045	Travel



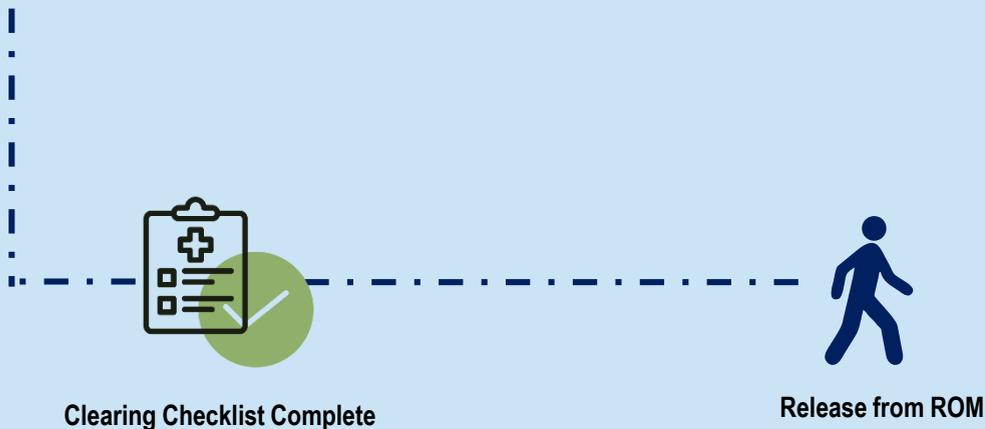


# OUT PROCESSING ROM



## CLEARING CHECKLIST

✓	<p><b>COMPLETED</b></p> <p><b>VACCINATED: 14-DAYS BASE RESTRICTION</b></p> <p><b>UNVACCINATED: 10-DAYS OF ROM, 4-DAYS BASE RESTRICTION</b></p>
✓	<p><b>CONFIRMATION OF NEGATIVE COVID TEST TAKEN ON OR AFTER ROM (REFER PAGE 3)</b></p>
✓	<p><b>CHAIN OF COMMAND CONTACTED.</b></p>





## 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. Questions: 315-225-1012

**Air Force:** Yokota Air Base

**Navy and Marines:** Fleet Activities Yokosuka

**Army:** Camp Zama

### YOKOTA AB LODGING CHECK IN

- Due to the increased PCS tempo, early check-ins at lodging will not be authorized. Check-in time is 1500L
- Members will instead be placed in the waiting reception area in Bldg. 400 until check-in time. Shuttle or sponsor can drop personnel at Bldg 400 until 1500 check-in time, see below instructions for bldg. 400

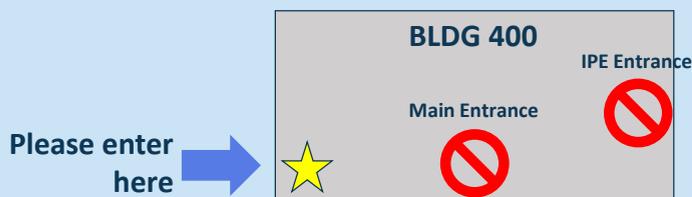
### YOKOTA AB LODGING WILL PROVIDE LIMITED SERVICE FOR GUEST IN ROM

- Yokota AB Lodging will provide limited services for guests in ROM.
- No in-room housekeeping service will be provided..
- Additional amenities, linens, empty bags and cleaning supplies will be provided upon guest request by calling the front desk.
- Lodging will pick up trash and recyclables daily at 1030. Guests will need to tie and double bag their trash before placing it outside of their room door.
- Soiled linens will need to be placed outside of guest room door sealed with the plastic bags provided to be picked up by lodging staff.



### BLDG 400 ENTRANCE

Transient and ROM passengers **MUST** use the door on the North side of the building. Indicated on the map with a yellow star. **DO NOT** use any other access point if you are transient or ROM passengers.





# NOTES/RESOURCES

## ADDITIONAL RESOURCES

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

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

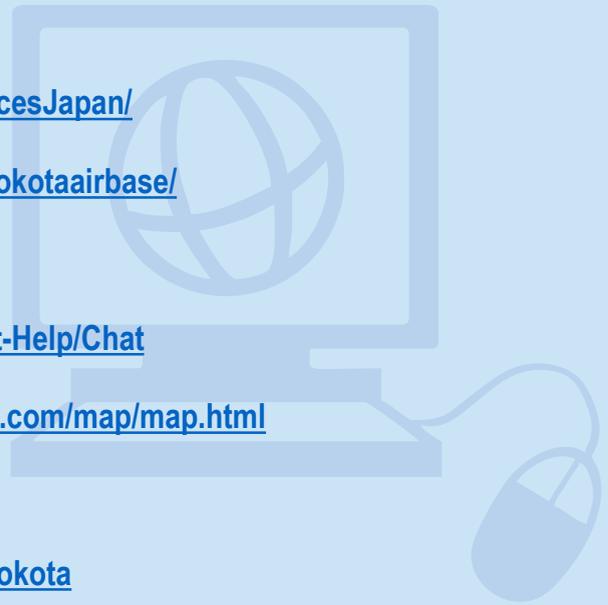
Yokota Website: [www.Yokota.af.mil](http://www.Yokota.af.mil)

Crisis online chat: [www.VeteransCrisisLine.net/Get-Help/Chat](http://www.VeteransCrisisLine.net/Get-Help/Chat)

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

Yokota FSS: [www.yokotafss.com](http://www.yokotafss.com)

Yokota Housing: [www.housing.af.mil/home/units/Yokota](http://www.housing.af.mil/home/units/Yokota)



**Kanto Lodge**

**315-224-2002 or  
042-507-6534**

**Military Housing Office**

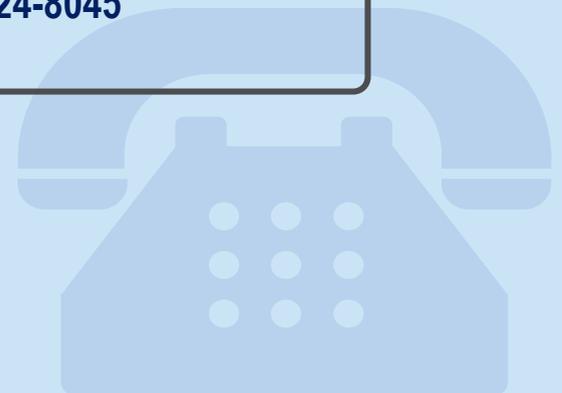
**315-225-3496**

**On-Call Chaplain**

**315-225-3740 or  
042-507-6550**

**Unaccompanied Housing**

**315-224-8045**



WE RELY ON YOU TO PRACTICE THE BASIC MEASURES WITH A SENSE OF

# HUMILITY • KINDNESS • COMMITMENT

WASH HANDS • SOCIAL DISTANCE

AVOID HOTSPOTS •

MAINTAIN CLOSE CONTACT LOGS



## WHAT TYPE OF MATERIALS CAN I USE FOR CLOTH FACE COVERINGS?



Cloth face coverings can be made from household items or made at home from common materials at low cost. As an interim measure, you are encouraged to fashion face covering from common materials such as a clean t-shirt or cloth that will cover the mouth and nose.

No specific colors or materials mandated by Air Force policy

**DO NOT** use old uniforms/flight suits as they may have insect repellent or flame retardant in the fabric.



FACE COVERINGS SHOULD BE CONSERVATIVE, PROFESSIONAL, AND IN KEEPING WITH DIGNITY AND RESPECT.

## AIR FORCE GUIDANCE ON USE OF CLOTH FACE COVERS

COVID-19

### EFFECTIVE IMMEDIATELY

To the extent practical without significantly impacting mission, all individuals on Department of the Air Force property, installations and facilities are required to wear cloth face coverings when they cannot maintain six feet of physical distance in public areas or work centers.

Any cloth items worn as face coverings should be functional, clean and maintained in compliance with current Air Force instructions, and should cover the mouth and nose.

Face Masks\*



Neck Gaiters/Warmers



Balaclavas



\*N-95 and surgical masks should be reserved for health care workers.

Guidance applies to total force military personnel, DoD civilian employees and contractors, family members and all individuals on DAF property, installations and facilities.

Note: Guidance above does not apply within a personal residence on a military installation.

**CLOTH FACE COVERING DOES NOT PREVENT THE WEARER FROM GETTING SICK, BUT MAY PREVENT THE SPREAD OF THE VIRUS FROM THE WEARER TO OTHERS.**



## WEAR AT ALL TIMES

EXCHANGE • FOOD COURT • COMMISSARY  
SHOPPETTE • ALL FSS AND SFS BLDGS



**FOR YOKOTA AIR BASE COVID-19 POLICY**

**VISIT [www.yokota.af.mil/covid-19/](http://www.yokota.af.mil/covid-19/)**

**OR**

**DOWNLOAD THE Air Force Connect APP**

**OR**

**VISIT THE YOKOTA FACEBOOK PAGE**

FAILURE TO COMPLY WITH YOKOTA COVID POLICY MAY SUBJECT YOU TO PUNISHMENT UNDER THE UNIFORM CODE OF MILITARY JUSTICE IF YOU ARE A MILITARY MEMBER. 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.

## 374th AIRLIFT WING HELPING AGENCY MATRIX



	Supervisor	1st Sergeant	Ali Force Aid Society	Mental Health	Health Promotion	Chaplain	Family Advocacy	Domestic Abuse Victim Advocate	Legal Office	Sexual Assault Response Coordinator	Armen & Family Readiness Center	Red Cross	Special Family Life Consultant	Military Victim's Council	Equal Opportunity	Unit Key Spouse	Commander
<b>● Family</b>																	
Change in Schools	●	●								●	●						●
Deployment Anxiety	●	●										●					●
Divorce/Separation	●	●															●
Getting Married	●	●															●
Loss of Family Member/Friend	●	●															●
New Parent	●	●	●														●
PCSing	●	●															●
Raising Teens	●	●															●
Relationship Challenges	●	●															●
Single Parent	●	●															●
Spouse Finding Work	●	●															●
Strengthening Marriage	●	●															●
<b>● Personal</b>																	
Abuse or Trauma (past)	●	●															●
*Alcohol Misuse/Drug Abuse	●	●															●
Anger Management	●	●															●
Anxiety	●	●															●
Dating Violence	●	●															●
Discrimination	●	●															●
Domestic Violence	●	●															●
Health Concerns	●	●															●
Loneliness/Isolation	●	●															●
Low Self Esteem	●	●															●
Mediation	●	●															●
Sexual Assault/Rape	●	●															●
Sleep Difficulties	●	●															●
Sexual Harassment	●	●															●
Stress	●	●															●
**Suicide Ideation/Prevention	●	●															●
Weight/Nutrition Management	●	●															●
Tobacco Cessation	●	●															●
Fitness/Exercise Consultation	●	●															●
<b>● Finance</b>																	
Emergency Need	●	●															●
Foreclosure	●	●															●
Mortgages/Loans	●	●															●
Retirement/Separation	●	●															●
Food Expenses	●	●															●
<b>● Legal</b>																	
Divorce	●	●															●
Power of Attorney	●	●															●
Wills	●	●															●

● Emergency Services		
Service	Phone	Bldg #
Emergency Security Forces	911	
Fire	Japanese Cell 0425076560	
Ambulance	Cell Phone 0425522510 ex.911	
** Military Crisis Life Line	94-800-273-TALK (8255) Direct Dial DSN:118	
Urgent Care	225-7740	4408
Crime Stop	225-7227	555
Command Post	225-3740	
225-RIDE	225-7433 Cell Phone 0425076555	
Yokota Operator	225-1110 Cell Phone 0425522510 + Last5	345
Red Cross	225-7522 24HR 877-272-7337	535
24HR Emergency Message Website	www.redcross.org/herocarenetwork	
Military OneSource	24HR 94-800-342-9647 militaryonesource.com	

● Helping Agencies/Services		
Service	Phone	Bldg #
Sexual Assault Response Coordinator (SARC)	225-7277 225-7272 Japanese Cell 090-3138-7250	Bldg 1299 West
Mental Health	225-3566	1585 Rm UE24
*Alcohol/Drug Abuse Prevention (ADAP)		
Community Support Coordinator (CSC)	225-5505	314 Rm 234
Violence Prevention Integrator (VPI)	225-8499	314 Rm 234
Family Advocacy	225-3649	1585
Domestic Abuse Victim Advocate (DAVA)	24HR 070-1425-0987	Rm UE24
Health Promotion	225-8322	665 2ndFloor
Chaplain	225-7009/ 24HR 225-3740	345
Women Infant & Children (wic)	225-9426	
Legal	225-8069	315 Rm 124
Airman Family Readiness Center (AFRC)	225-8725	535
Military Family Life Consultant (MFLC)	080-7944-1010 080-4128-8641	080-9175-2959
USO	225-6947	327 Yujo
Employee Assistance Program (EAP)	1-800-222-0364	

Chaplains provide 100% confidential counseling and referral assistance to all about Yokota AB community members regardless faith.  
 ▲ Military Family Life Consultants provide partial confidential counseling and referral assistance to all service members and their dependents \*\*MFLCS must report ideation of violence toward self or others.



## Dear Yokota Community Member,

We care about the health and well-being of you and your loved ones during this difficult time. The 374 AW Stress Treatment and Resiliency Team (START) is a team comprised of medical and mental health professionals, your local leadership team and helping agencies who can provide you with the information, resources and referrals you may need at this time. Asking for help has never been more important. Whether you need the personal connection of having someone check in on you, a grocery delivery or a referral to family services, your request will be met with dignity and compassion.

Please take a moment to complete the attached needs intake form. We encourage you to maintain communication with your first sergeant so that as your needs change, we can continue to provide you with the resources and support you need to maintain your physical and mental resiliency. Attached, you will find a resource directory of community agencies and how those agencies are available to you at this time.

Together, we will overcome this challenging time more ready and resilient for the tasks ahead.

Respectfully,  
374 AW Stress Treatment and Resiliency Team



## 374TH STRESS TREATMENT AND RESILIENCY TEAM (START) RESOURCE DIRECTORY

This resource list is not all inclusive. Please contact your first sergeant for additional assistance.

### Yokota Connect App

The Yokota Connect phone app is available for free in most app stores. The app offers information on Yokota's help agencies, programs and services.

### Emergency

From a Base Phone: 911  
Com: 042-552-2510 ext. 911

### Fire Department

Com: 042-507-6560

### Military Crisis Line

This service is available 24 hours a day.  
Direct Dial DSN: 118  
Com: 94-800-273-8255

### Airman & Family Readiness Center (A&FRC)

A&FRC offers virtual assistance, information and/or referral for relocation, sponsorship, financial assistance, employment support, deployment and readiness support, cultural liaisons and more. A&FRC also offers support for those interested in the following programs: Transition Assistance, Exceptional Family Member Program (EFMP) and Key Spouse.

DSN: 225-8725  
[f/Yokota.AFRC.1](#)

### Military Family Life Counselors (MFLCs)

MFLCs provide confidential, short-term, non-medical counseling.  
Lon: 080-9715-2959  
Tiffany: 080-4128-8641  
Dee: 080-7944-1010

### Employee Assistance Program (EAP)

The EAP can provide information, referral and telephone consultations.  
Com: 94-800-222-0364

### Mental Health

Telephone services are available.  
DSN: 225-3566

### Domestic Abuse Victim Advocate (DAVA)

DAVA's role is to explain restricted and unrestricted reporting options for victims of domestic violence. They also assist with safety planning and support. Services are available 24 hours a day.  
DSN: 225-3648  
Com: 070-1425-0987

### Family Advocacy Program (FAP)

FAP offers education and support for couples and parents on the prevention, early identification, reporting and treatment of child and spouse abuse. Telephone services are available.  
DSN: 225-3649

### Legal Office

The Legal Office provides free and confidential legal assistance on personal civil legal matters to eligible clients including active duty, retired military members and dependents. If you need immediate information, the following link offers general information on many common legal problems:  
[aflegalassistance.law.af.mil/apps/aflass\\_public/bin/main.php](http://aflegalassistance.law.af.mil/apps/aflass_public/bin/main.php)  
DSN: 225-8069

### Alcohol and Drug Abuse Prevention and Treatment (ADAPT)

Mental health technicians and certified substance abuse counselors provide education and treatment to individuals experiencing substance abuse problems. Telephone services are available.  
DSN: 225-8864

### Women, Infants, and Children (WIC) Overseas

WIC Overseas is a supplemental nutrition program that provides nutrition education and access to nutritious foods at the commissary for pregnant women, mothers until the infant is six months if bottle-feeding or one year if breastfeeding and infants and children under the age of 5. Please call for a pre-screening over the phone.  
DSN: 225-9426

### Chaplains

Chaplains offer counseling on alcoholism, drugs, family, premarital or marital issues, moral issues, conscientious objector status, work-related issues and any other areas of concern. Services are completely confidential. The chaplains cannot share any information with anyone (military or civilian) without your permission.  
DSN: 225-7009

[f/YokotaABChapel](#)

### Military OneSource Live Chat

Military OneSource live chat provides military families with information when and how they want it. Quick and personalized information from a trained Military OneSource consultant is available 24 hours a day, seven days a week.  
Website:  
[www.militaryonesource.mil/confidential-help/non-medical-counseling/military-onesource/military-onesource-live-chat](http://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-onesource/military-onesource-live-chat)

### Red Cross

To start a Red Cross emergency message online, visit [redcross.org/herocarenetwork](http://redcross.org/herocarenetwork) or [www.redcross.org/get-help](http://www.redcross.org/get-help).  
DSN: 225-7522  
COM: 877-272-7337 (24 hours)  
[f/YokotaRedCross](#)

### United Service Organizations (USO)

DSN: 225-6947/6861  
[f/USOYokota](#)

### Adolescent Support and Counseling Services (ASACs)

Ms. Deering offers counseling sessions for middle- and high-school-age adolescents via phone with an appointment.  
DSN: 225-7018  
Email: [Mary.Deering@dodea.edu](mailto:Mary.Deering@dodea.edu)

### COVID-19 Hotline

Please call before visiting Urgent Care.  
DSN: 225-8864 Opt. 7

#### How to Call DSN Phone Numbers

From a personal phone or off base, call the Yokota Operator by dialing 042-511-9200. From a base phone, dial 315-225-1110. If you don't know the DSN number, press 0 or simply wait for the operator to assist you.

# YOKOTA AIR BASE ROM HANDBOOK

## COMPOSITE HEALTH CARE SYSTEM REGISTRATION FORM

### PRIVACY ACT STATEMENT

**AUTHORITY:** Sections 133, 1071-87, 3012, 5031 and 8012, title 10, United States Code and Executive Order 9397

**PURPOSE:** The personal information will facilitate your health care. The Social Security Number (SSN) of member or sponsor is required to identify and retrieve health care records.

**ROUTINE USES:** The primary use of this information is to provide, plan and coordinate health care. As prior to enactment of the Privacy Act, other possible uses are to: Aid in preventive health and communicable disease control programs and reports medical conditions required by law to federal, state and local agencies; compile statistical data; conduct research; teach; determine benefits; other lawful purposes, including law enforcement and litigation; conduct authorized investigations; evaluate care rendered; determine professional certification and hospital accreditation; provide physical qualifications of patients to agencies of federal, state, or local government upon request in the pursuit of their official duties.

**DISCLOSURE:** In the case of military personnel, the requested information is mandatory because of the need to document all active duty medical incidents in view of future rights and benefits. IN case of all other personnel/beneficiaries, the request information is voluntary. If the requested information is not furnished comprehensive health care may not be possible, but **CARE WILL NOT BE DENIED.**

### PLEASE PRINT ALL INFORMATION

#### SPONSOR INFORMATION (REQUIRED)

SPONSOR'S NAME (Last, First, Middle Initial)				SPONSOR'S SSN/DoDID		SPONSOR'S DOB (DD/MMM/YY)		PAY GRADE/RANK	
BRANCH OF SERVICE			CATEGORY				MEDICAL INSURANCE	SPONSOR'S SEX	PHONE NUMBERS
<input type="checkbox"/> USA	<input type="checkbox"/> USN	<input type="checkbox"/> USMC	<input type="checkbox"/> Active Duty	<input type="checkbox"/> Civilian	<input type="checkbox"/> Deceased AD	<input type="checkbox"/> Recruit	<input type="checkbox"/> Yes	<input type="checkbox"/> Male	H:
<input type="checkbox"/> USAF	<input type="checkbox"/> USCG	<input type="checkbox"/> DoD	<input type="checkbox"/> Retired	<input type="checkbox"/> Contractor	<input type="checkbox"/> Deceased Ret	<input type="checkbox"/> Pre Martial	<input type="checkbox"/> No	<input type="checkbox"/> Female	D:

LOCAL RESIDENCE ADDRESS (Include PSC Box Number, and APO/FPO)	LOCAL UNIT /OFFICE SYMBOL (Include name of unit, location and APO/FPO)

EMERGENCY CONTACT INFORMATION (Include Name, Relationship, Address and Phone)	NEXT OF KIN INFORMATION (Include Name, Relationship, Address and Phone)
MEDICAL RECORDS LOCATION (Outpatient Records, Flight Medicine, Navy Medicine Treatment Facility)	

#### FAMILY MEMBER INFORMATION (Please list all eligible family members) – Use reverse if necessary

NAME (Last, First, MI)	RELATIONSHIP	DOB	DEP-SSN/DoDID	SEX
				<input type="radio"/> Male
				<input type="radio"/> Female
				<input type="radio"/> Male
				<input type="radio"/> Female
				<input type="radio"/> Male
				<input type="radio"/> Female
				<input type="radio"/> Male
				<input type="radio"/> Female

#### COMMENTS: FOR OFFICIAL USE ONLY