

# **Yokota Air Base COVID-19 Frequently Asked Questions**

## **GENERAL HEALTH QUESTIONS**

### ***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. Call the 374 Medical Group COVID-19 Hotline at DSN: 225-8864 Opt 7 or Cell: 042-552-2510 Ext. 58864 Opt 7 for a health screening and instructions.
- 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.
- 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 that their staff can don the appropriate personal protective equipment.

### ***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. Call the 374 Medical Group COVID-19 Hotline at DSN: 225-8864 Opt 7 or Cell: 042-552-2510 Ext. 58864 Opt 7 for health screening and instructions.

### ***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.
- Call the 374 Medical Group COVID-19 Hotline at DSN: 225-8864 Opt 7 or Cell: 042-552-2510 Ext. 58864 Opt 7 to report symptoms that are not included in the list above.
- If you are experiencing a rash, swelling of the face, mouth or throat, or difficulty breathing, please present immediately to the Urgent Care or closest Emergency Room to be evaluated for an allergic reaction.

### ***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.

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

### ***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, conduct a working ROM for a period of 7 days and have a negative viral test (Antigen or PCR) upon completion of ROM. This will be followed by a 7 day period (days 8 through 14) of restriction to their associated U.S. installation for a total of 14 days of ROM.
- See YCD 053 for specific guidance

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

- No, you must complete your 14 days of ROM. 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 at DSN: 225-8864 Opt 7 or Cell: 042-552-2510 Ext. 58864 Opt 7 for evaluation 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.

## **PRE-TRAVEL TESTING**

### ***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 (ie: Hawaii etc.), will need to check for specific requirements as some locations do not accept COVID test results from Department of Defense (DoD) entities.
- Active Duty members and their dependents traveling for OFFICIAL or UNOFFICIAL travel may schedule their test through their Unit POC.
- Active Duty Family Members traveling for UNOFFICIAL travel must have an appointment. No walk-ins accepted. Only 50 appointments in this category will be offered per week due to supply and manning constraints. 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.

- Civilians and retirees will need to find a testing location on the economy. Test costs will be at the member's expense.

***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. The 374 MDG will offer travel testing for AD and their dependents for all emergency leave at this time.

## **COVID-19 VACCINE**

### ***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 COVID-19 vaccine.

### ***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/moderna-covid-19-vaccine-frequently-asked-questions>
  - Moderna Website: <https://www.modernatx.com/covid19vaccine-eua/recipient/faq>

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

- No. An mRNA vaccine is not a 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 80 million doses of COVID-19 vaccines. 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. The Vaccine Adverse Event Reporting System has not found any cases where the COVID-19 vaccine led to death.

### ***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?***

- The vaccine distribution process is tier-driven to safely protect DoD personnel from COVID-19 as fairly and as quickly as possible.
- Yokota Air Base Facebook provides info about the vaccine and the phase process: <https://fb.watch/3q1QDFxeS/>
- A breakdown of the COVID-19 vaccine tiered distribution can be located on the AF Connect app for Yokota AB under 374 MDG > COVID-19.

- Please refrain from calling or sending Facebook messages to the 374 MDG inquiring when you will receive your vaccine. We are unable to provide estimated timeframes due to the unpredictable and varying quantity of vaccines we receive per week.
- 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.
- As we receive more COVID-19 vaccines, we will continue to share information to the maximum extent possible regarding administration of the vaccine to include notification to groups on the timeline for their particular phase.

***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 (ie: 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, Obesity (30 kg/m<sup>2</sup> or higher), Dementia, Smoking, Substance use disorders. If vaccine is in limited supply, the medical team will prioritize the highest risk conditions amongst this group. Please discuss any specific health related questions with your PCM.

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

- While pregnant and lactating women were not included in the first round of trials, patients who are pregnant or lactating are able 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. Experts believe that mRNA vaccines are unlikely to pose a risk to pregnant person or the fetus because mRNA vaccines are not live vaccines. The mRNA in the vaccine is degraded quickly by normal cellular processes and does not enter the nucleus of the cell.
- 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.

***I am due for my 2<sup>nd</sup> 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. Many of the high risk individuals will be receiving calls from the 374 MDG to notify them of when they are eligible to receive their vaccine. You can also follow the Retirees Facebook page for updates.

***My 2<sup>nd</sup> dose due date falls on a weekend, will I be given my vaccine on 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 COVID-19 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 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 (ie: 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 2nd 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?***

- It is preferred to receive 2 doses of the same manufacturer. It is recommended that 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 Johnson & Johnson.

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

- Yes! While the vaccines provide protection against becoming sick from the COVID-19 disease, people who are immunized may still be able to transmit the virus. Everyone will still need to wear a mask and practice physical distancing until a large section of the

population has developed immunity. Recommendations to waive pre-travel testing requirements have not been published at this time.

- ROM requirements for vaccinated and unvaccinated individuals can be reviewed.