

## Procedures to follow before and after entering Japan and at immigration

As the organization responsible for accepting visitors from abroad, we need to ensure that you understand and comply with the issues written below.

If you understand and agree with the following notes, please sign below and submit this form to CROSS.  
( [visa-info@cross.or.jp](mailto:visa-info@cross.or.jp) )

Signature \_\_\_\_\_

Date \_\_\_\_\_

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1. All visitors to Japan should understand and comply with the border measures.

※ Please refer to the website below for detailed information.

(Border Measures Japan: <https://www.mhlw.go.jp/stf/covid-19/bordercontrol.html> )



Border Measures

(1) Overview of the border measures

(i) Before entering Japan

- Install the MySOS app on your smartphone/device

\* MySOS is an app to report your health condition and location after entering Japan. It is also used to pre-register for quarantine procedures before you enter Japan.

(<https://www.allm.net/en/mysos/>)



MySOS

- Complete your quarantine pre-registration at least 6 hours prior to scheduled arrival in Japan

\* Documents required: Pre-departure test certificate, Vaccination certificate

- Pre-screening process (to avoid wait time at the airport)

(ii) At the airport (arrival)

- Document review at the airport (if pre-screening process has not been completed)

- COVID inspection required at the airport depending on the country of departure etc. and vaccination status

(iii) After entry to Japan

- Quarantine at accommodations/a facility arranged by the Government required depending on the country of departure etc. and vaccination status

## 2. Installing the applications and inputting information before departing your country

(1) Visitors must install MySOS application ( <https://www.hco.mhlw.go.jp/fasttrack/en/#area02> ). It is recommended that the application is installed by the time you leave your country and necessary information such as the certificate of COVID-19 test is input in advance.

(2) By using Visit Japan Web service, the time for immigration at the arrival airport may be shortened.

Visit Japan Web is a web service that visitors can use for quarantine, immigration and customs procedures in order to enter Japan.

(Visit Japan Web service: [https://www.digital.go.jp/en/services/visit\\_japan\\_web](https://www.digital.go.jp/en/services/visit_japan_web) )



Visit Japan Web

## 3. Quarantine period

(1) If you have not been in the countries/regions categorized in blue or red during 14 days prior to your arrival in Japan, no quarantine is required after entering Japan. In other cases, 3 to 7 quarantine period is required depending on the country you stayed and the vaccination status.

( <https://www.mhlw.go.jp/stf/covid-19/bordercontrol.html> )



Quarantine Measures  
for Entering Japan

(2) Health check during the quarantine period

(i) In addition to the daily health check with MySOS, please report your health condition to CROSS by checking the form every day from the URL below.

( Health report to CROSS: <https://forms.gle/M3KcZWckHJWYZmW48> )



Health Check to  
CROSS

(ii) Visitors need to seek medical attention if there are symptoms of COVID-19 or health problems during the quarantine period. If you have such symptoms, please inform us at [visa-info@cross.or.jp](mailto:visa-info@cross.or.jp).

(3) The quarantine period may be shortened by taking a PCR test on or after the third day counting from the day following the date of entry into Japan.

If you are staying at a hotel near Narita Airport, the PCR center at the airport is convenient.

( Narita International Airport PCR Center: <https://www.nms-pcr.com/en/> )



Narita PCR Center

Please note that public transportation, including ordinary taxis, cannot be used during the quarantine period. When going to the PCR center, inform the front desk of the hotel that you will be taking the PCR

test and ask them to call you an appropriate taxi.

4. Visitors are required to comply with the infection prevention measures, which include:

- Wearing a non-woven face mask
- Thorough hand sanitization
- Avoiding the following 3 situations: closed space, crowded space, close contact

5. Visitors are required to observe laws and regulations concerning infection prevention, which include Quarantine Act, Act on the Prevention of Infectious Diseases and Medical Care for Patients with Infectious Diseases, and Immigration Control and Refugee Recognition Act.

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Contact during the waiting period:

Utilization Promotion Division, CROSS

Email: [visa-info@cross.or.jp](mailto:visa-info@cross.or.jp)