

For those who are eligible to enter Japan

Japan has strengthened quarantine measures to prevent the spread of novel coronavirus (COVID-19). Currently, Japan has strengthened quarantine measures at the time of entry as a measure against infection of the novel coronavirus. We believe that reducing the number of infected people in Japan is important for those who are going to live in Japan. Please confirm and observe the following precautions.

● Please do not meet anyone apart from your family member(s) after obtaining a negative certificate 72 hours before departure.

● Please do not meet anyone apart from whom you live together during the 14-day quarantine. This is a mandatory for all travelers after the entry to Japan.

जापान प्रवेश गरेपछि १४ दिनसम्म, सँगै बस्ने व्यक्ति बाहेक कसैसित पनि नभेट्नु होला।

● Please do not go out from your home or a designated hotel, during the 14-day quarantine after your entry to Japan.

जापान प्रवेश गरेपछि १४ दिनको क्वारेन्टाइनको अवधिमा आफ्नो घर अथवा होटेलबाट बाहिर ननिस्कनु होला।

● Please contact your local health center immediately, if you were unwell.

अस्वस्थ महसुस भएमा सकेसम्म छिटो नजिकैको पालिका वा स्वास्थ्य केन्द्रमा सम्पर्क गर्नु होला।

● If you were tested positive for Covid-19 and are required to stay at home for isolation, please stay at home and do not go out to meet others, apart from whom you live together.

यदि तपाईं कोभिड-१९ बाट संक्रमित भएमा, घरको सदस्य बाहेक कसैसँग पनि नभेट्नु होला तथा घरबाट बाहिर ननिस्कनु होला।

※ 1 Points of declaration to be written when you enter Japan
(please find the following page)

※ 2 The border enforcement measures for those who enter to Japan from Nepal
<https://www.mhlw.go.jp/content/000788454.pdf> (English)
(※ as of June 4)

These measures would change on a weekly basis, so please check the below link for the latest information.

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000164708_00001.html

<Five points of the Pledge>

1. You must not meet anyone who you do not live with.

(for **14 days** after entry)

(a) You must stay at home or the accommodation.

You must consult the public health center or related institutions and Health Monitoring Center for Overseas Entrants in advance when you need to change your accommodations due to unavoidable circumstances.

(b) You must not meet anyone who you do not live with.

(c) You must not use public transportation

(Trains, Buses, Cabs/Taxis, domestic flights, etc.)



2. You must report your health condition via E-mail.

(for **14 days** after entry)

3. You must use the applications designated by MHLW and begin retaining your location information

(for **14 days** after entry)

(a) You must install the location confirmation application (OEL) and report your location with the app in response to an inquiry by HCO.

(b) You must install the video calling application designated by MHLW and answer video calls from HCO. You must begin retaining your location information through the map application function of the smartphone, and retain the information.

(c) At the time of entry into Japan, if your smartphone is not compatible with these applications, or if you do not have a smartphone, you must rent one.

(d) You must install the contact confirmation application (COCOA) on your smartphone and use the application. (Can be installed from the QR code on the right.)

Google Play



App Store



4. You receive instructions from the public health center, you must follow them.

5. The following infection prevention measures must be taken

(a) Wear masks

(b) Thoroughly disinfect hands

(c) Avoid sharing small spaces and poorly ventilated spaces with many people



※If you are unable to submit the pledge, you would be required to stay at a facility which is designated by the quarantine office for 14 days.

※In case of violation of the above pledge, your name and nationality may be publicly disclosed, and you may be subject to detention. (You may also be subject to revocation of status of residence and deportation.)

※There are other notes on the pledge form. Please read them carefully.

※“For 14 days after arrival/entry into Japan” starts from the day following the date of your entry into Japan.