

Immigration and COVID-19 Quarantine Guide

For Returning JETs

(Updated Mar. 29, 2022)



Disclaimer:

This is simply a general guide to shed some light on immigration and COVID-19 quarantine procedures for returning JETs. These procedures may change at any time and it's your responsibility to do your own research to confirm that the information below is up-to-date and accurate. Also, please be aware that airlines may have their own specific procedures regarding COVID-19. There are many acronyms and jargon used, so please refer to the meanings below if you are confused:

Term	Meaning
PCR	Polymerase Chain Reaction (Detects genetic information from specified organism in sample)
NAAT	Nucleic Acid Amplification Test (For COVID-19, specifically detects the RNA sequences of the genetic material of the virus)
LAMP	Loop-mediated Isothermal Amplification (DNA amplification method that allows for rapid and sensitive detection of specific genes)
Antigen Test (sometimes known as RAT; R = Rapid)	Detects specific proteins from the virus, but often produces false-negative results so not every country accepts this method
Molecular Test	Diagnostic test that detects genetic material (eg. PCR, NAAT, LAMP)
Fully vaccinated status* *Each country has different qualifications for being fully vaccinated, and they may change suddenly, so please check prior to your flight.	You are considered fully vaccinated if you have received two doses of approved COVID-19 vaccines (one dose of Johnson & Johnson (Janssen or J&J) vaccine and two doses of another brand if your country accepts J&J) with the second dose at least 14 days (7 days in some countries) prior to your flight.
Self-Isolation	You are free to choose where you are to quarantine. Some countries may require additional COVID-19 test results post-arrival to be submitted and more.

Certified COVID-19 Testing Facilities:

Below are the accredited COVID-19 testing facilities within Kumamoto Prefecture:

Kumamoto City

- 蓮台寺クリニック (Rendaiji Clinic)
3 Chome-4-3 Rendaiji, Nishi Ward, Kumamoto, 860-0055
TEL: 096-355-2810
<https://rendaiji-clinic.com/>

- 土井病院 (Doi Clinic)
2029-5 Zendomomachi, Minami Ward, Kumamoto, 861-4126
TEL: 096-223-0252
(No website available)

Mashiki

- はがこどもクリニック (Haga Pediatric Clinic)
408 Miyazono, Mashiki, Kamimashiki District, Kumamoto 861-2241
TEL: 096-289-7020
<http://www.hagakodomo.com/>

Yatsushiro

- 本田クリニック (Honda Clinic)
5-35, Nishimatsuejomachi, Yatsushiro, Kumamoto 866-0863
TEL: 0965-32-3410
<https://honda-cl.com/>

Matsubase

- うちの小児科 小児外科 (Uchino Pediatric Clinic)
1947-1 Matsubase, Matsubasemachi, Uki, Kumamoto 869-0502
TEL: 0964-32-0550
<http://www.uchino-shonika-shonigeka.com/>

Tamana

- 安成病院 (Yasunari Clinic)
755-6 Konoha, Gyokuto, Tamana District, Kumamoto 869-0303
TEL: 0968-85-2047
(No website available)

A reservation should be made well in advance. However, if you are not confident in your Japanese ability, it is still recommended for someone who speaks Japanese to go with you. If you have any questions, feel free to ask the Kumamoto Support Center for Foreign Residents at 080-4275-4489.

Pre-Departure & Post-Arrival Checks (by country)

This section of the guide is what is expected of you to do in order to return to your home country, assuming that you have valid citizenship and residency there. Some countries are changing their entry restrictions and protocols in different stages and different intervals, so please check for any changes closer to your scheduled departure flight time. In the case that you test positive for COVID-19 or have been in close contact with someone who tests positive for COVID-19 before or during your flight, you will have to make necessary adjustments to your itinerary.

List of countries (not all countries will be available):

- ✈ [Australia](#)
- ✈ [Austria](#)
- ✈ [Canada](#)
- ✈ [France](#)
- ✈ [Jamaica](#)
- ✈ [New Zealand](#)
- ✈ [South Africa](#)
- ✈ [United Kingdom](#)
- ✈ [United States](#)



➔ Australia

Pre-departure and post-arrival checklist for returning to Australia:

(If you are fully vaccinated)

- Have a valid passport
- Take a COVID-19 PCR or NAAT test within 72 hours of your first connecting flight to Australia
 - OR a medically supervised RAT taken within 24 hours before your flight's scheduled departure
- Obtain and show the certified negative test result dated within 24 hours of the flight to the airline.
- Complete the [Digital Passenger Declaration](#) (DPD) within 7 days of your departure flight (available online or via app)
- Upon arrival, immediately self-isolate at home. In most cases, you will be requested to provide a negative test result within 24 hours of arrival. To find out more about quarantine requirements pertinent to each Australian state and territory, check this website [here](#).

(If you are unvaccinated)

- Have a valid passport and visa
- Complete the [Digital Passenger Declaration](#) (DPD) within 7 days of your departure flight (available online or via app)
- Obtain the authority to enter Australian states or territories
- Have acceptable proof of inability to be vaccinated for medical reasons
- Take the COVID-19 test as abovementioned
- Obtain and show the certified negative test result as abovementioned
- Follow the pertinent state or territory's quarantine measures (may require advance reservations and/or additional applications)

If your flight is delayed, you will still be considered to have met the pre-departure testing requirements and will not need a new test. However, if your flight is rescheduled or canceled, you must take another test following the criterion abovementioned.

Please check this website for any changes in immigration or quarantine procedure:

<https://www.homeaffairs.gov.au/covid19/>

For information on how to complete the Digital Passenger Declaration, please check the following website:

<https://www.homeaffairs.gov.au/covid19/vaccinated-travellers/australian-citizens-pr/entering-transiting-australia/digital-passenger-declaration>

➔ Austria

NOTE: "3G" = fully vaccinated status, proof of recovery from past infection, or approved, certified negative COVID-19 test result

Pre-departure and post-arrival checklist for returning to Austria:

- Have a valid passport
- If you can provide a 3G proof, then you do not need to take a COVID-19 test before or after you go to Austria.
 - If you are not fully vaccinated or do not have proof of recovery from past infection, then you must take a PCR test and obtain a negative result that is valid for 72 hours within your departure flight or take a certified rapid later flow test (LFT) or antigen test and obtain a negative result that is valid for 24 hours within your departure flight.
 - In addition, you will need to complete the [online registration form for pre-travel clearance](#) within 72 hours before your entry into Austria.
- If you provide a 3G proof, then you do not have to self-isolate upon entry.
 - If you cannot provide a 3G proof, then you must observe a 10-day self-isolation and may not leave your place of isolation unless you test negative on the fifth day or later.

If you are traveling to Vienna, then please be aware that COVID-19 restrictions may be stricter.

Please check these websites for any changes in immigration or quarantine procedure:

<https://www.austria.info/en/service-and-facts/coronavirus-information>

<https://www.austria.info/en/service-and-facts/coronavirus-information/entry-regulations>

➔ Canada 🇨🇦

Pre-departure and post-arrival checklist for returning to Canada:

(If you are fully vaccinated)

- Have a valid passport.
- Download the ArriveCAN app and create your account. You must submit your travel and quarantine plan information 72 hours before your arrival to Canada and show the ArriveCAN receipt at the airline.
- Beginning from April 1, 2022, pre-entry COVID-19 tests will no longer be required.
- Upon arrival, you may be randomly selected to take a mandatory arrival test and wait for the results or receive a self-swab kit. It is recommended to register in advance for the arrival test to help you exit the airport quicker.
 - To find out more about arrival tests and possible quarantine, check the following website:
<https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada>

(If you are unvaccinated)

- Take a molecular COVID-19 test within 72 hours of your first connecting flight to Canada
 - OR a medically supervised RAT taken within 24 hours before your flight's scheduled departure
- Obtain and show the certified negative test result dated within 24 hours of the flight to the airline.
- Have acceptable proof of inability to be vaccinated for medical reasons.
- Upon arrival, you will have to take a mandatory arrival test, or you may receive a self-swab kit. It is recommended to register in advance for the arrival test to help you exit the airport quicker.
 - To find out more about arrival tests and possible quarantine, check the following website:
<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/unvaccinated-travellers-entering-canada-covid-19.html>

If you test positive, develop symptoms, or are exposed to someone who test with signs or symptoms of COVID-19 in the next 14 days, you are required to isolate for 10 days from the time the positive test was taken, the start of the symptoms, or starting the day of exposure as well as contact the Public Health Agency of Canada at 1-833-641-0343 within 24 hours.

Please check this website for any changes to the procedures for returning to Canada:
<https://travel.gc.ca/travel-covid/travel-restrictions/exemptions>

→ France

Before arriving in France from Japan:

(If you are fully vaccinated)

- Have a valid passport and residence
- Have proof of your vaccination record acceptable for international travels

(If you are unvaccinated)

- Have a valid passport and residence permit
- Take a COVID-19 PCR test within 72 hours of your first connecting flight to France
 - OR a medically supervised RAT taken within 48 hours before your flight's scheduled departure
- Obtain and show the certified negative test result dated within 24 hours of the flight to the airline.

From Feb. 1, 2022, in order to be considered as fully vaccinated, you must have received a vaccination at least 9 months after your last dose of accepted vaccines.

Travelers to France will no longer have to self-isolate or take a post-arrival COVID-19 test from February 12, 2022.

Please check this website for any changes in immigration or quarantine procedure:
<https://www.interieur.gouv.fr/covid-19-deplacements-internationaux>

➔ Jamaica 🇯🇲

Before arriving in Jamaica:

- Have a valid passport
- Take a COVID-19 test within 72 hours of your flight to Jamaica
- Obtain and show the certified negative test result dated and received within 24 hours of your scheduled flight to your airline.
- Before you board your flight, it is also encouraged to fill out the Immigration and Customs Declaration (C5) online at enterjamaica.com to ensure faster processing upon arrival.

Upon arrival in Jamaica, routine health screen and risk assessment will be conducted along with immigration processing. Once cleared, you will be able to proceed to your accommodation.

Effective March 1, 2022, travelers no longer need to obtain a Travel Authorization to travel to the island. In addition, mandatory quarantine order assignments have also been removed for all arriving passengers and persons are free to move within the island while maintaining social distance and mask wearing protocols in public spaces.

Please check this website for more information and any changes in immigration or quarantine procedure:

<https://www.visitjamaica.com/travelauthorization/>

➔ New Zealand

Pre-departure and post-arrival checklist for returning to New Zealand:

(If you are fully vaccinated)

- Have a valid passport
- Take a COVID-19 PCR or NAAT test within 48 hours of your first connecting flight to Australia
 - OR a medically supervised LAMP test or RAT taken within 24 hours before your flight's scheduled departure
- Obtain and show the certified negative test result dated within 48 hours of the flight to the airline.
- Complete the traveler declaration before your departure for New Zealand
- Undergo the post-arrival health screening at the airport and receive welcome packet (3x RAT kits and a guide on how to self-isolate and quarantine)
- Submit a RAT on day 0/1 and on 5/6 (the third kit is a spare just in case anything happens)

(If you are unvaccinated)

- Same as abovementioned, but you must also have acceptable proof of inability to be vaccinated for medical reasons

From 11:59pm Monday, 4 April 2022, My Vaccine Pass will not be required. However, businesses will still be able to use the system if they would like to.

Please check these websites for any changes in immigration or quarantine procedure:

- <https://covid19.govt.nz/international-travel/travel-to-new-zealand/how-to-enter-new-zealand/>
- <https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-response-planning/covid-19-border-controls>
- <https://www.immigration.govt.nz/about-us/covid-19/border-closures-and-exceptions/entry-to-new-zealand/border-entry-requirements>

→ Singapore

Pre-departure and post-arrival checklist for returning to Singapore after March 31, 2022:

- Have a valid passport
- Electronically submit your pre-trip health and 7-day travel history declarations via the SG Arrival Card (SGAC) e-service 72 hours before your arrival to Singapore [here](#).
- Install and activate the [TraceTogether](#), [Homer](#) and [WhatsApp](#) mobile applications on their mobile phones.
- Take a COVID-19 PCR test at an internationally accredited or recognized location or a medically supervised RAT within 48 hours before your scheduled departure
- Obtain and show the certified negative test result to the airline.
- If you are vaccinated, prepare to provide your digitally-verifiable vaccination certificate or an English, or English translated and notarized, vaccination certificate.
 - When registering your HealthHub or TraceTogether account, you should upload the digital certificate there. Otherwise, provide your vaccination certificate during immigrations clearance
- Take an unsupervised RAT within 24 hours of arrival in Singapore and report the results to sync.gov.sg
- (Only if unvaccinated)** Serve the 7-day Stay-Home Notice (SHN)
 - If you intend to stay at a SHN designated facility (SDF), you must submit a request two weeks in advance of your arrival
 - Travelers will be scheduled to take a mandatory COVID-19 PCR test before the end of their SHN. Payment for the test (S\$125/test, including GST) can be made via the payment link found in the SHN issued; test priority will be accorded to travelers who have pre-paid for their test. Travelers who fail to pay for their test beforehand may do so at the testing facility and expect a longer wait time.
 - Travelers serving SHN will be subjected to randomized on-site or electronic compliance checks.

For more information on SHN, including where to serve SHN and the cost to stay at a SDF, check the following website:

<https://safetravel.ica.gov.sg/health/shn>

Please check the following website for any changes in immigration or quarantine procedure from Japan to Singapore:

- <https://www.gov.sg/article/streamlining-country-or-region-classifications-and-expanding-vtls>
- Vaccinated - <https://safetravel.ica.gov.sg/arriving/general-travel/fully-vaccinated>
- Unvaccinated - <https://safetravel.ica.gov.sg/arriving/general-travel/non-fully-vaccinated>

→ South Africa

Pre-departure and post-arrival checklist for returning to South Africa from March 22, 2022:

- Have a valid passport
- (If vaccinated) Have a valid vaccination certificate
- (Only if unvaccinated) Take a COVID-19 PCR test within 72 hours of your flight to South Africa
- (Only if unvaccinated) Obtain and show the negative test result to your airline. The test must be conducted by a certified medical practitioner and should have the name and signature of the practitioner who conducted the test.
 - In the event of the traveler's failure, for whatever reason, to submit a valid negative test certificate upon arrival in South Africa, the traveler shall be required to take a RAT at their own expense.
 - If the traveler tests positive for COVID-19, they shall be required to isolate at their own expense for 10 days.
- When you arrive in South Africa, you will need to provide proof of accommodation if you need to self-quarantine.
- Undergo a health screen for any COVID-19 symptoms or for contact with people who have been infected with COVID-19.
 - If you display any symptoms or if you have been in contact with anyone who has been infected by COVID-19, you will have to take and pay for a COVID-19 test.
 - If the test comes back positive, you must go through and pay for a 10-day quarantine at a designated site.

For more information on the decision to remove pre-entry testing requirements, check the following website:

<https://www.africanews.com/2022/03/22/covid-south-africa-ends-pcr-tests-for-vaccinated-travelers//>

Please check this website for any changes in immigration or quarantine procedure:

<https://www.gov.za/covid-19/individuals-and-households/travel-coronavirus-covid-19>

➔ United Kingdom

Pre-departure and post-arrival checklist for returning to the UK from abroad:

- Have a valid passport
 - You can use the UK/EEA channel to get your passport or Gibraltar identity card checked - this is usually faster than the other channels. You can also use the automatic ePassport gates.
- Regardless of your vaccination status, you do not need to take a COVID-19 test before or after you go to the UK.
- Regardless of your vaccination status, you do not need to fill out a locator form.
- Regardless of your vaccination status, you do not need to quarantine when you arrive in the UK.

If you are traveling to [Scotland](#), [Wales](#), or [Northern Ireland](#), the process is generally similar to the abovementioned process. However, please check their specific quarantine and immigration procedures for any possible differences.

Please check these websites for any changes in immigration or quarantine procedure:

- <https://www.gov.uk/guidance/travel-to-england-from-another-country-during-coronavirus-covid-19>
- <https://www.gov.uk/coronavirus>
- <https://www.gov.uk/uk-border-control>

➔ United States

Pre-departure and post-arrival checklist for returning to the US:

- Take a COVID-19 test within 24 hours of your flight to the US
- Obtain and show the negative test result to your airline, or show proof of recovery from the virus within the last 90 days.
- Complete, print out, and sign the [disclosure and attestation](#) prior to your scheduled departure to give to your airline.
- Below are guidelines provided by the CDC and recommended for after you return to the US:
 - [Get tested](#) with a [viral test](#) 3-5 days after travel
 - Even if you test negative, self-monitor for COVID-19 symptoms.
 - If your test is positive, [isolate](#) yourself to protect others from getting infected.
 - If you are unvaccinated, it is recommended that you stay home and self-quarantine for a full 5 days after travel.
 - Take precautions when around people who are at [increased risk for severe illness](#), whether you get tested or not.
 - Follow all [state and local](#) recommendations or requirements after travel.

Currently, travelers entering the US are not required to quarantine upon arrival. However, the situation can change at a sudden notice. Please check the following website for any changes in immigration or quarantine procedure:

- <https://jp.usembassy.gov/covid-19-information/>
- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html>