

Precautionary Measures Taken at the UTokyo Accommodations
Against the Coronavirus Disease (COVID-19)

In the light of the current global spread of the Coronavirus Disease (COVID-19), we are now asking all of our residents at the UTokyo accommodations to follow the precautionary measures described in the attached notice in order to avoid the possible spread of the virus within our facilities.

Should you have any concerns, worries or queries in regard of this matter, please feel free to contact us at the following:

(1) Toshima & Oiwake International Halls of Residence

Student Scholarships and Welfare Group, Welfare Team

TEL : 03-5841-2546 / 03-5841-2545 / 03-5841-2554

MAIL : kousei.adm@gs.mail.u-tokyo.ac.jp

(2) Mitaka International Hall of Residence

College of Arts and Sciences, Student Support Division

TEL : 03-5454-6077 / 03-5454-6078

MAIL : kousei-kakari@adm.c.u-tokyo.ac.jp

(3) Mejirodai International Village & International Lodges

UTokyo Housing Office

TEL : 090-8507-8114 / 090-8511-8042

MAIL : housing-office.adm@gs.mail.u-tokyo.ac.jp

April 15, 2020
Student Scholarships and Welfare Group
International Support Group
Property Management Group
College of Arts and Sciences, Student Support Division

Dear Residents,

For the Prevention of the Spread of the Coronavirus Disease 2019 (COVID-19)

As you are all aware, the Coronavirus Disease 2019 (COVID-19) is now spreading at a global level. Therefore, we would like to ask for the cooperation of all residents to strictly follow the instructions below to prevent the spread of the Disease within the UTokyo accommodations.

Furthermore, as of 30th March, the urgent request to all UTokyo members who travelled abroad was announced from the University of Tokyo Task Force on the Coronavirus Disease 2019. Hence those who returned from abroad must strictly follow instruction 1 below.

Please be sure to treat others with respect and consideration in the communal life at the residence at all times.

【Reference】

The Japanese Ministry of Health, Labour and Welfare: About Coronavirus Disease 2019 (COVID-19)

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage_00032.html



1. For those who returned from abroad, please isolate yourself for 14 days and fill in the Self-Health Check Sheet.

【Self-Health Check Sheet】



<https://webfs.adm.u-tokyo.ac.jp/public/sMNYwAcISgzAFh0BGONx0Ns4ewVlFvXH1WTtOyC-D39a>

Please consult a doctor if you have fever over 37.5°C for more than 4 days, extreme tiredness (dullness), respiratory symptoms such as difficulty in breathing. (for those with underlying conditions, fever over 37.5°C for more than 2 days)

2. For all residents, please follow the instructions below.

- Be sure to keep your own thermometer, stock of facemasks (ideally for 2 weeks) and hand sanitizers, etc. as precautionary measures against infectious diseases. Take your temperature when unwell.
- Be super sure to wash your hands thoroughly and gargle from time to time.
- Be sure to follow the coughing manners; Wear a facemask. If not, use your bent elbow when coughing.
- Avoid the crowd and refrain from going out for inessential purposes and gatherings.
- Use the delivery box in receiving parcels, etc. Be sure to receive your parcels or delivery food at the accommodation entrance, if there is no delivery box. Do not let the delivery person step inside the accommodation.
- Avoid close contact with others, including handshakes, etc.
- Call off or suspend any gatherings and parties accompanying food and close contact with one another.
- Be sure to invite in fresh air from time to time, avoid gathering in groups and getting in close contact with one another when using the common spaces.
- Avoid using the common dining space with the other residents. Try to shift time with one another or take your meals inside your own room in order to prevent possible infection from droplets.
- Be sure to prepare your health insurance card at all times in case you should be in need to consult a medical institution.
- Be sure to know the number and reception hours of your nearby medical institution.
- Be sure to stock food supplies and drinks to last for a period of 2 weeks just in case you need to be self-isolated.
- Be sure to notify the Residence Office either by phone or email in case you develop fever over 37.5°C. Do not ever visit the Office directly when you are feverish for precautionary measures.
- When in need, please contact the residence office either by phone or intercom, if possible.