



SELF-QUARANTINE LVL.1

- ✓ **HAVE BEEN IN NO CLOSE CONTACT WITH A PERSON INFECTED WITH COVID-19**
- ✓ **HAVE NO RECENT RECORD OF BEING ABROAD**
- ✓ **HAVE NO SHORTNESS OF BREATH, STRONG FEELING OF WEARINESS, HIGH FEVER NOR ANY COLD-LIKE SYMPTOMS SUCH AS FEVER OR COUGHING**

~ HOW TO SPEND YOUR STARTING DAYS AT THE DORM ~

For those above, please obey the instructions below during your starting days at the UTokyo accommodation.

1. Refrain from going out as much as possible for a period of 14 days from the date of your move-in.
2. Always wear a face mask when out of your room, avoid the 3Cs (Closed spaces, Crowded places) and fully ventilate all spaces from time to time
3. Take record of your daily temperature and condition using the “Self-Health Check Sheet.”
4. Immediately report to the accommodation office either by phone or email if you are to develop shortness of breath, strong feeling of weariness, high fever or any cold-like symptoms such as fever and coughing after following the necessary steps shown in the handout sheet.
5. Avoid using the common spaces within the UTokyo accommodation for a period of 14 days right after your move-in as much as possible.
6. Try to shift times with others when using the common shower if not equipped in your own room.
7. Shift times when using the shared kitchen or try to purchase your meals for a period of 14 days right after your move-in. Eat your meals only inside your own room.
8. If in need of any assistance, contact the accommodation office either by phone or email. Do not directly visit the accommodation office.