For those above, please obey the instructions below during your self-quarantine period at the UTokyo accommodation.

1. Try to stay inside your room as much as possible during your 14-day self-quarantine period counted from the next day of your arrival in Japan.
2. Take record of your temperature and condition on a daily basis using the “Self-Health Check Sheet.”
3. Immediately report to the residence office either by phone or email if you are to have shortness of breath, strong feeling of weariness, high fever or to develop any cold-like symptoms such as fever and coughing.
4. Avoid using the common spaces within the UTokyo accommodation as much as possible.
5. Try to shift times with others when using the shower if not equipped in your own room.
6. Try not to cook your meals if you are to use a shared kitchen inside the UTokyo accommodation. Eat your meals inside your own room or try not to eat with others within the common spaces so as to avoid droplet infection.
7. If in need, contact the residence office either by phone or email only. Do not directly visit the residence office.