~ HOW TO SPEND YOUR DAYS AT THE DORM ~

Please obey the instructions below for your days at the UTokyo accommodation.

1. For those having symptom onset, please refrain from going out as much as possible until you get well.
2. Always wear a face mask when out of your room, avoid the 3Cs (Closed spaces, Crowded places, and Close-contact settings) and fully ventilate all spaces from time to time
3. Take record of your daily temperature and monitor your health condition using the “Self-Health Check Sheet.”
4. Immediately report to the accommodation office either by phone or email whenever your current symptom is to linger on with no sign of recovery or if you are to develop any other additional symptoms after following the necessary steps shown in the handout sheet.
5. For those having symptoms, avoid using the common spaces within the UTokyo accommodation until you get well.
6. Try to shift times with others when using the common shower if not equipped in your own room. Be sure to sanitize your hands both before and after use.
7. Shift times with others when using the shared kitchen or try to purchase your own meals as much as possible especially when you are experiencing any kind of symptom onset. Eat your meals only inside your own room.
8. If in need of any assistance, contact the accommodation office either by phone or email, for you cannot directly visit the accommodation office if you are to have any symptom onset.