NEWLY ARRIVING RESIDENTS, ETC. COMING FROM ABROAD TO JAPAN AND ENTERING THE UTOKYO ACCOMMODATIONS.

HAVE BEEN IN CLOSE CONTACT WITH A COVID-19 INFECTED PERSON, BUT WAS TOLD THAT I AM IN NO NEED TO SEE A DOCTOR.

HAVE BEEN IN CLOSE CONTACT WITH A COVID-19 INFECTED PERSON, BUT DID NOT HAVE TO RECEIVE THE PCR TEST FOR COVID-19.

HAVE COLD-LIKE SYMPTOMS SUCH AS FEVER AND COUGHING, BUT DID NOT HAVE TO RECEIVE THE PCR TEST FOR COVID-19.

WAS TESTED “NEGATIVE” DESPITE HAVING SHORTNESS OF BREATH, STRONG FEELING OF WEARINESS, HIGH FEVER OR COLD-LIKE SYMPTOMS SUCH AS FEVER AND COUGHING.

~ HOW TO SPEND YOUR SELF-QUARANTINE PERIOD ~

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

1. Keep inside your room as much as possible during your 14-day self-quarantine period commencing from the next day of your arrival in Japan.
2. Do not visit the UTokyo campuses during your self-quarantine period.
3. Take record of your temperature and condition on a daily basis using the “Self-Health Check Sheet.”
4. Do not use the common spaces including the laundry rooms, etc. within the UTokyo accommodation during your quarantine period.
5. Purchase all of your daily necessities needed for your self-quarantine period at one shopping and take your meals inside your own room.
6. If in need, contact the residence office either by phone or email only. Do not directly visit the residence office.
7. Immediately call the COVID-19 Consultation Center if you are to develop any new symptoms, or if your current symptom is to linger on with no sign of recovery or if you are to develop some other additional symptoms, and follow the steps shown in the Flow Chart.