Dear Residents,

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/sMNYwAcISgAFh0BGONx0Ns4ewVlfvXH1WTtOyC-D39a)

   Please notify the Residence Office immediately by phone or email if you have shortness of breath, strong feeling of weariness, high fever or cold-like symptoms such as fever and coughing

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 especially after you touch the surface where many other people would touch such as doorknobs or faucet handles 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. If you are to go for a shopping try to keep it under once in 3 days.
   - 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 immediately by phone or email if you have shortness of breath, strong feeling of weariness, high fever or cold-like symptoms such as fever and coughing. Do not ever visit the Residence Office directly for precautionary measures.
   - When in need, please contact the residence office either by phone or intercom.
   - We would encourage you to share your health conditions with Housing Office if you have underlying conditions as follows since people with underlying conditions are at higher risk for severe illness when infected with COVID-19.

   • People having diabetes, serious heart conditions, chronic lung disease or severe asthma
   • People with chronic kidney disease undergoing dialysis
   • People who are immunocompromised or receiving cancer treatment