



## SELF-QUARANTINE LVL.3

- ✓ HAVE BEEN TESTED FOR COVID-19 FOR HAVING FEVER, ETC. AND IS NOW AWAITING FOR THE OUTCOME OF THE TEST
- ✓ HAVE BEEN TESTED POSITIVE FOR COVID-19 AND IS NOW AWAITING TO BE TRANSFERRED TO THE MEDICAL INSTITUTION, ETC.

### ~ HOW TO SPEND YOUR SELF-QUARANTINE PERIOD~

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

1. Keep inside the room as much as you can up till the date of the outcome of the test result or your transfer to the medical institution, etc.
2. Always wear a face mask when in need to go out of your room and avoid any contact with others as much as possible.
3. Make use of the provided food supplies in taking your meals as much as possible. If necessary, ask your affiliated faculty / department to assist you in getting your meals delivered. Only receive the delivered items placed in front of your room after being contacted by the accommodation office since you are to avoid any direct contact with others.
4. Throw away your leftovers, etc. into a plastic bag and neatly tie it up each time and place it in the designated garbage bag.
5. If you are to run out of water, etc., either call or email the accommodation office for the additional supplies you need. Only receive the items placed out in front of your room after being contacted by the accommodation office. Always be sure to write the room number you are now staying at in the subject line at the time of texting.
6. You are only allowed to do your laundry inside your room. Do not use the common laundry at the UTokyo accommodation.
7. Maintain good ventilation by keeping the room windows open as much as you can. Use the air conditioner when cold or hot.
8. Always call or email the accommodation office whenever in need of any assistance. Be sure to include the room number you are now staying at in the subject line at the time of texting.
9. **Contact the accommodation office right away when feeling unwell or if you are to develop any of the “13 Symptoms of High Emergency” attached herewith.**

# Coronavirus Disease (COVID-19)

## 13 Symptoms of High Emergency

If you are to develop any one of the following symptoms, please call the accommodation office right away.

**[CONTACT INFO.]**

- Komaba Lodge, Main: [m-komaba\\_lodge.adm@gs.mail.u-tokyo.ac.jp](mailto:m-komaba_lodge.adm@gs.mail.u-tokyo.ac.jp) / 03-3466-4035
- Komaba Lodge, Annex: [komaba\\_lodge.adm@gs.mail.u-tokyo.ac.jp](mailto:komaba_lodge.adm@gs.mail.u-tokyo.ac.jp) / 03-3485-1980
- Oiwake Lodge: [oiwake\\_lodge.adm@gs.mail.u-tokyo.ac.jp](mailto:oiwake_lodge.adm@gs.mail.u-tokyo.ac.jp) / 03-3830-8961
- Mejirodai International Village: [mejirodai\\_village@maicom.co.jp](mailto:mejirodai_village@maicom.co.jp) / 03-5810-1831
- Kashiwa Lodge: [kashiwa\\_lodge.adm@gs.mail.u-tokyo.ac.jp](mailto:kashiwa_lodge.adm@gs.mail.u-tokyo.ac.jp) / 04-7135-1771
- Mitaka Int. Hall of Residence: [mitaka-jimu.c@gs.mail.u-tokyo.ac.jp](mailto:mitaka-jimu.c@gs.mail.u-tokyo.ac.jp) / 0422-43-4961

<b>APPEARANCES</b>	Looking pale
	Lips are turning purple
	Acting strange, not being in the ordinary state
<b>SHORTNESS OF BREATH</b>	Breathing heavily, increasing in respiratory frequency
	Having difficulty in breathing
	Suffering shortness of breath after moving around in daily life
	Having pain in the chest
	Cannot lie down, cannot breathe unless sitting upright in a chair
	Breathing hard, panting
	Starting to develop dyspnea (within a period of 2 hours or so)
<b>CONSCIOUSNESS</b>	Seems drowsy (slow in response)
	Is only half-conscious (do not respond)
	Having irregular pulse, arrhythmia