Preventing the Spread of the Novel Coronavirus Disease (COVID-19)

September, 2022

Dear Residents,

This is to request your ongoing cooperation to follow the instructions below to prevent the possible spread of COVID-19 within the UTokyo accommodations which could lead to the compulsory shutdown of the dorms in the event of an occurrence of a COVID-19 cluster.

Additionally, for those who are coming/returning from abroad, please be sure to adhere to instruction 1 below, as well.

All residents are also required to read and fully understand the Guidelines issued by the UTokyo Novel Coronavirus Task Force upon your moving into the UTokyo accommodations.

※UTokyo Novel Coronavirus Task Force: “Guidelines to Prevent the Spread of COVID-19”

1. For Those Who are Coming/Returning from Abroad:
   In addition, please self-monitor your health condition ideally for 7 days after your arrival in Japan using the Self-Health Check Sheet, etc. Be sure to consult a doctor, etc. right away for any onset of symptoms such as fever, malaise, cough, sore throat, or loss of taste or smell, etc. People aged over 65 or those with pre-existing health conditions or are pregnant are strongly recommended to consult a doctor right away from the time they experience any cold-like symptoms.

2. For All Residents:
   ※The following instructions apply equally to fully vaccinated persons, as well.
   ■ Be sure to keep your own thermometer, stock of facemasks (ideally for 2 weeks) and hand sanitizers, etc. as your own precautionary measure against infectious diseases. Always check your temperature when feeling unwell.
   ■ Be sure to properly wear a well-fitting mask (non-woven fabric masks are recommended).
   ■ Be sure to wash your hands thoroughly and gargle from time to time.
   ■ Be sure to cover your mouth when coughing with your bent elbow or tissue, etc. when not wearing a facemask.
   ■ Be sure to wash your hands thoroughly after touching places frequently touched by others, such as surfaces of tables/desks, chairs, doorknobs, lighting switches, remote controllers, handrails, water faucets, flushing levers and seats of the toilet, etc.
   ■ Avoid crowds and refrain from non-essential outings and gatherings.
   ■ Do not let in non-residents inside the dorm.
   ■ Use delivery boxes to receive your parcels, etc. Be sure to receive your parcels or food delivery at the dorm entrance if there are no delivery boxes. You are to arrange ways of receiving your items in advance so as not to have the delivery person come inside the dorm building.
   ■ Avoid close contact with others, including handshakes, etc.
   ■ Avoid parties that involve a lot of talking, eating and drinking.
   ■ Avoid the 3Cs, the perfect setup for COVID-19: Closed spaces, Crowded places, Close-contact settings
and fully ventilate all spaces when using the common spaces, etc.

- Avoid using the common dining space together with the other residents. Try to shift time with others or take your meals inside your own room in order to prevent possible infection from airborne droplets while eating. Be sure to take the necessary preventive measures when eating/drinking at the common spaces (lounges, common halls, etc.).
- Be sure to keep your own supply of food and drinks that could last for about 10 days just in case you should need to self-isolate yourself.
- Be sure to consult a doctor right away if you have any fever or symptoms such as malaise, cough, sore throat, or loss of taste or smell, etc. You are then to immediately notify the accommodation office about your situation either by email or by phone. When feeling unwell, keep inside your room as much as possible and refrain from using the common spaces to avoid contact with others. Use your phone or email as your communication tool when getting in touch with the accommodation office and your friends, etc.
- Only use the phone or intercom when you need to contact the accommodation office so as to avoid any unnecessary direct contact with others that could lead to the spread of the virus.

Please kindly note that the following COVID-19 precautionary measures are still being kept in place for the time being.

- Visitors are not to be allowed in the building.
- No lending of rental items, in principle.
  ※Some items can be rented as exception, which you will need to check with your own UTokyo accommodation office.

Always be sure to treat others with respect and consideration in the communal life at the residence at all times.

We thank you for your cooperation as always.