

Dear Residents,

## **For the Prevention of the Spread of the Coronavirus Disease 2019 (COVID-19)**

This is to ask for your ongoing cooperation to strictly follow the instructions below for the prevention of the possible spread of the virus within our UTokyo accommodations which could lead to the compulsory shutdown of our dorms in the event of an occurrence of a COVID-19 cluster. Please kindly note that each one of your act matters most in maintaining the safety within our dorms including the use of the common spaces.

In addition, those returning/arriving from abroad are requested to follow instruction 1 below.

Please refer to the [“Example of practicing ‘New Lifestyle’” \(former version/updated version not available in English yet\)](#) issued by the Ministry of Health, Labour and Welfare, as well.

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

**1. For those returning/arriving from abroad, please self-quarantine yourself for a period of 14 days commencing from the next date of your arrival in Japan and monitor your health using the [Self-Health Check Sheet](#).**

Please consult a doctor following the [designated procedures](#) if you have any respiratory symptoms such as difficulty in breathing, extreme tiredness (dullness), high fever, or any ongoing cold-like symptoms (fever, coughing, etc.).

**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 feeling unwell.
- Be sure to wear a face covering/facemask when going out in the public or unable to maintain a sufficient physical distance with others.
- Be super sure to wash your hands thoroughly and gargle from time to time.
- Be sure to follow the coughing manners; Use your bent elbow when coughing if not wearing a facemask.
- Be sure to wash your hands thoroughly after touching places where multiple people would touch, such as the surfaces of tables/desks, chairs, doorknobs, lighting switches, remote controllers, handrails, water faucets, flushing levers and seats of the toilet, etc.
- Avoid the crowd and refrain from going out for inessential purposes and gatherings.
- 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.
- Avoid the 3Cs, the perfect setup for COVID-19; Closed spaces, Crowded places, Close-contact settings and fully ventilate all spaces from time to time.
- 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 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 either by phone or email after consulting a doctor following the [designated procedures](#) if you have any respiratory symptoms such as difficulty in breathing, extreme tiredness (dullness), high fever, or any ongoing cold-like symptoms (fever, coughing, etc.). Stay in your room and avoid going out in the public or using the common spaces when feeling unwell.
- Use the phone or intercom when in need to contact the Residence Office so as to avoid any possible infection.

Please kindly understand that the restrictions on the use of the common spaces and visitors will still be kept in place for the time being.