

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

May, 2023

Dear Residents,

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

Please make sure to check the guidelines issued by the UTokyo Novel Coronavirus Task Force for your reference, as well.

※UTokyo Novel Coronavirus Task Force: [“Guidelines to Prevent the Spread of COVID-19”](#)

【For All Residents: Points to Follow to Prevent the Spread of the Virus】

1. Wearing of masks is recommended within the common spaces in the accommodation, including the stairways and corridors where contact with others are very likely. People with a higher risk severe symptoms of COVID-19 are especially recommended to wear highly protective masks that provide a higher level of filtration for their own protection.
2. Adhere to the basic infection control measures by avoiding the 3Cs (closed spaces, crowded places, close-contact settings), “ensuring distance between people”, “hand hygiene such as washing of hands”, “ventilation”, etc.
3. Be sure to wash your hands thoroughly after touching places that are frequently touched by others, such as surfaces of tables/desks, chairs, doorknobs, lighting switches, remote controllers, handrails, water faucets, flushing levers, seats of the toilet, etc. and after using rental items borrowed in the accommodation.
4. Be sure to follow the respective rules at each accommodation when inviting visitors and always provide the information needed as requested. You are not to let in anyone with onsets of fever and/or suspicious symptoms related to COVID-19, or those who are feeling unwell as well as those who are currently infected with COVID-19 but without symptoms.
5. When using the common facilities (dining, lounges, common halls, etc.), make sure to follow the basic infection control measures by avoiding the 3Cs and increasing ventilation.
6. When entering/returning to Japan, be attentive to the latest information on the border control measures by checking the website of the Ministry of Health, Labour and Welfare.
7. Watch your health ideally for a period of 7 days after move-in or return to the accommodation.
8. Please consider seeking early treatment by consulting your nearby UTokyo Health Service Center or a medical institution if you have cold-like symptoms of malaise, coughs, sore throat, or loss of taste or smell, etc. People at higher ages or those possessing pre-existing health conditions or persons who are pregnant, are recommended to consult a doctor, etc. at the time they experience ongoing cold-like symptoms such as light fever and coughing.

If feeling unwell, please stay in your room as much as possible and be considerate when you use the common spaces by wearing a mask and limiting the time & frequency of use.

9. If you become infected with COVID-19, follow the instructions given by the doctor.
Also, do not forget to notify the accommodation office right away.