Dear Residents,

Announcing to Continue the Precautionary Measures Against COVID-19

Although the state of emergency has been lifted, if we are to immediately go back to our normal life as before posing a risk of a possible infection within our UTokyo accommodations, we might be forced to shut down our dorms. Therefore, we would once again like to ask all our residents to make sure that you continue to follow the instructions below.
Our policy for those who have returned from abroad remains the same, so please make sure you follow 1. below as well.
Also, please be sure to check the attached “Example of practicing New Lifestyle” by the Ministry of Health, Labour and Welfare.

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/sMNYwAcISgzAFh0BGONx0Ns4ewVlfvXH1WTtOyC-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 sure to wash your hands thoroughly especially after you touch the surface where many other people would touch such as door knobs 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 shopping, try to keep it under once in 3 days.
   - Be sure to receive your parcels or delivery food at the accommodation entrance. Utilize the rack at the lodge entrance, and choose package drop service when possible. 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 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 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 lodge office either by email or intercom.

Please note that the precautionary measures restricting the use of the common spaces and restricting visitors will both be kept in effect for the time being.

Housing Office
The University of Tokyo