



## SELF-QUARANTINE LVL.2

- ✓ **NEWLY ARRIVING RESIDENTS SPENDING THE 14-DAY QUARANTINE PERIOD AT THE UTOKYO ACCOMMODATIONS**
- ✓ **HAVE BEEN IN CLOSE CONTACT WITH A COVID-19 INFECTED PERSON, BUT WAS TOLD BY THE CALL CTR. THAT AM IN NO NEED TO SEE A DOCTOR**
- ✓ **HAVE BEEN TOLD AS BEING A CLOSE CONTACT OF COVID-19**
- ✓ **HAVE COLD-LIKE SYMPTOMS SUCH AS FEVER AND COUGHING, BUT DID NOT HAVE TO BE TESTED FOR COVID-19**
- ✓ **WAS TESTED “NEGATIVE” DESPITE HAVING SHORTNESS OF BREATH, STRONG FEELING OF WEARINESS, HIGH FEVER OR COLD-LIKE SYMPTOMS SUCH AS FEVER AND COUGHING.**

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

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

1. Keep inside your room as much as possible up till the completion of your designated self-quarantine period.
2. Always wear a face mask when going out of your room and avoid any contact with others.
3. Do not ever visit the UTokyo campuses during your self-quarantine period.
4. Take record of your daily temperature and condition using the “Self-Health Check Sheet” and submit it to the accommodation office as instructed.
5. Only use the designated laundry machine on the same floor you are staying and be sure to use bleach each time you do your laundry.
6. Make a bulk purchase of your daily necessities including food items and try to limit your outing as much as possible. You can only take your meals inside your own room.
7. If in need of any assistance, contact the accommodation office either by phone or email and do not visit the office directly.
8. Immediately follow the steps shown in the handout sheet and either call the COVID-19 Call Center or the UTokyo Health Service Center right away whenever you are to develop symptoms related to COVID-19 or if your current symptom is to linger on with no sign of recovery or if you are to develop any other additional symptoms.