NEWLY ARRIVING RESIDENTS SPENDING THE DESIGNATED QUARANTINE PERIOD AFTER ARRIVAL AT THE UTOKYO ACCOMMODATIONS HAVE BEEN QUALIFIED AS A CLOSE CONTACT OF COVID-19 HAVE COLD-LIKE SYMPTOMS SUCH AS FEVER AND COUGHING BUT HAVE NOT CONSULTED A DOCTOR YET

~ HOW TO SPEND YOUR SELF-QUARANTINE PERIOD ~

Please obey the instructions below during your self-quarantine period at the UTokyo accommodation.

Be sure to check the ending date of your self-quarantine period and inform it to the accommodation office.

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 direct contact with others.
3. Do not ever visit the UTokyo campuses until you are done with 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. If not equipped in your room, only use the designated laundry machine on the same floor you are now staying and be sure to use bleach each time you do your laundry.
6. Make a bulk purchase of your daily necessities including the food items you need to cover up your quarantine period and try to limit your outing as much as possible. Though there may be no place to cook inside your room, you are not allowed to use the shared kitchen within the dorm until you are to complete your designated quarantine period. Meals can only be taken inside your own room.
7. If in need of any assistance, contact the accommodation office either by phone or email, for you cannot 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.