

～UTokyo Housing Office Email sent on 2023/5/15～

“For the Prevention of the Spread of the Novel Coronavirus Disease (COVID-19) after May 8, 2023”

Dear Residents,

Please check the website below regarding the reduction of the University's Activity Restrictions Index Level from Level A to Level S from Monday, 8 May 2023 in response to the Government of Japan's decision to position the novel coronavirus infection as a Category V Infectious Disease under the Infectious Disease Control Law, as they determined that it no longer comes under the category of Pandemic Influenza (Novel Influenza or Re-emerging Influenza).

■UTokyo HP: Message for UTokyo students

“Reduction of the UTokyo Activity Restrictions Index Level to Level S”

<https://www.u-tokyo.ac.jp/covid-19/en/policies/message-taskforce-22-students.html>

Accordingly, we are to alter the current precautionary measures at each of our dorms as below as effective from May 15, 2023. Though most restrictions are mainly to be removed or relaxed, we would like you all to stay vigilant against the virus and be mindful not to spread the disease within the UTokyo accommodations for the safety and well-being of all.

※The following notice posted on the UTokyo Housing Office is to be updated around the middle of May.

→<https://www.u-tokyo.ac.jp/content/400140376.pdf>

【Precautions Within the Dorm】

1. Basic Protective Measures to Follow

(1) Wearing masks

You can choose to wear a mask or not based on your own decision.

Masks are recommended at all common places inside the dorm, including corridors and stairways where contacts with other residents are very likely.

People who are at high risk for getting very sick are strongly recommended to use high-quality masks or respirators according to their own needs.

(2) Other Basic Measures

Other basic measures we would like you to follow are:

- Improve ventilation by opening windows, etc.
- Wash/sanitize your hands after touching places and using common items
- Avoid the 3Cs (closed spaces, crowded places, and close-contact settings)
- Increase distance and space when with others

2. Inviting Visitors

Visitors will be allowed at all dorms from May 15, 2023 onwards.

Please be sure to have them provide their names, etc. at the accommodation office as required. Also, please kindly ask them not to come when feeling unwell.

3. Rental Items

All rental items will be allowed to use at the dorm on condition that you wash/sanitize your hands after every use. You can get to see what items you can rent in the [Resident Guide](#) of each dorm.

4. In-Dorm Gatherings Involving Drinking & Eating

Risks of infection will highly increase when involving drinking and eating together in groups. Please be sure to follow the basic protective measures described in 1 above and refrain from joining when feeling unwell.

Also, please be sure to fill out and submit the designated form to the accommodation office when planning to hold group gatherings of more than 5 attendants involving foods and drinks within the dorm since internal reporting is needed if there is to be an outbreak of infection of 5 or more persons at a time by one gathering.

5. When Feeling Unwell

If having symptoms, please actively consult your nearest UTokyo Health Service Center or a medical institution, etc. right away and follow their instructions in order to mitigate the possible spread of the virus within the communal life at the dorm.

When feeling unwell, you are preferably to stay inside your own room as much as possible and wear a mask when using the common facilities following the attentions below:

<Attentions in Using the Common Facilities When Feeling Unwell>

- Wear a mask at all times.
- Wash/sanitize your hands both before and after use.
- Limit the time and frequency of use as much as possible.

<Places for Consultation>

■UTokyo Health Service Center

Open: Mon, thru Fri. (N/A weekends & holidays)

Call Hours: 9:00-17:00, Consultation Hours: 10:00-12:20/14:00-15:45

- Hongo Health Service Center: 03-5841-2573
- Komaba Health Service Center: 03-5454-6168
- Kashiwa Health Service Center: 04-7136-3040

※Be sure to make a call before you go.

Please check the latest information on the days closed at the website below:

<https://www.hc.u-tokyo.ac.jp/>

■Tokyo COVID-19 Consultation Center

Phone : 0120-670-440 24/7, including weekends and holidays

Language : Japanese, English, Chinese, Korean, Vietnamese, Tagalog, Nepali,
Myanmar, Thai, French, Portuguese, Spanish

■Chiba Coronavirus Hotline for Foreign Residents

Phone: 092-687-6564 24/7, including weekends and holidays

Language: English, Chinese, Korean, Vietnamese, Tagalog, Nepali,
Indonesian, Myanmar, Thai, French, Portuguese, Spanish, German,
Italian, Russian, Malay, Khmer, Mongolian, Sinhalese, Hindi, Bengali

6. When Infected with COVID-19

Please follow instructions (1)~(3) below when you are infected with COVID-19.

- (1) If tested positive using the self-testing kit, please seek early treatment at a medical institution, etc. and follow their instructions.
- (2) Immediately notify the accommodation office about your positive result and the instruction you received from the doctor, etc.
- (3) If you are to spend your recuperation period at the dorm,
 - stay inside your own room as much as possible up to Day 5 counted from Day 0; the day you tested positive or the day of symptom onset.
→Viruses are said to be highly infectious until Day 5, which is the reason why you are asked to physically keep away from others with respect to the other residents.
 - you are strongly recommended to wear a mask when using the common facilities till Day 10 for precaution. Please limit the frequency and time of your use of the places during the 10 days.

→Risks of infection are said to linger on till Day 10.

Please take the necessary self-initiated measures to prevent spreading the virus within the communal life at the dorm.

- you are free to go out shopping to buy your meals, etc. but be sure to wear a mask and limit your time when you go.

We thank you for your ongoing support and cooperation as always.

Best Regards,

UTokyo Housing Office