Health Check and Activity Record Sheet

Contact: Administrative Office, Emergency Management Headquarters, NUT Tel: 0258-47-9201 Email: kiki@jcom.nagaokaut.ac.jp

Please conduct this health check twice a day (morning and evening)

Please keep these sheets after filling them out. If you become infected with COVID-19, submit these sheets to the Administrative Office of the Emergency Management Headquarters.

Name ()	Mobile Phone No.()
Dept. ()	Email Add. ()
Students: Student No. ()	Staff: Staff No. ()	
For students living in dormitories, please	write the dorm	itory name/room number here: ()

% For those who have visited other countries/prefectures or participated in events (including volunteer work),

please fill in the following. You may increase the number of entries as needed.

Destination: City	()	Visiting Period:	Month	Date —	Month	Date	
Destination: City	()	Visiting Period:	Month	Date —	Month	Date	
Event Name/Parti	cipation Date/Location (/	Month	Date	/)
Event Name/Parti	cipation Date/Location (/	Month	Date	/)

Day	Date	Temperature (°C) Fever: Yes • No	Respiratory symptoms	Other symptoms	Did you see a doctor? (Hospital/Clinic Name)	Name(s) of non-NUT people that you met
1	,	Morning Yes•No	No symptoms Cough/Breathing Difficulty/Sore Throat/Runny Nose		No Yes ()	
1	/	Evening Yes•No	No symptoms Cough/Breathing Difficulty/Sore Throat/Runny Nose		No Yes()	
2	/	Morning Yes•No	No symptoms Cough/Breathing Difficulty/Sore Throat/Runny Nose		No Yes (
Z	/	Evening Yes•No	No symptoms Cough/Breathing Difficulty/Sore Throat/Runny Nose		No Yes()	
2	/	Morning Yes•No	No symptoms Cough/Breathing Difficulty/Sore Throat/Runny Nose		No Yes (
3		Evening Yes•No	No symptoms Cough/Breathing Difficulty/Sore Throat/Runny Nose		No Yes (
4	1	Morning Yes•No	No symptoms Cough/Breathing Difficulty/Sore Throat/Runny Nose		No Yes ()	
4	/	Evening Yes•No	No symptoms Cough/Breathing Difficulty/Sore Throat/Runny Nose		No Yes()	
-	1	Morning Yes•No	No symptoms Cough/Breathing Difficulty/Sore Throat/Runny Nose		No Yes (
5	/	Evening Yes•No	No symptoms Cough/Breathing Difficulty/Sore Throat/Runny Nose		No Yes ()	
	/	Morning Yes•No	No symptoms Cough/Breathing Difficulty/Sore Throat/Runny Nose		No Yes ()	
6		Evening Yes•No	No symptoms Cough/Breathing Difficulty/Sore Throat/Runny Nose		No Yes ()	

Day	Data	Temperature (°C)	Deenivetery	Other	Did you see a doctor?	Name(s) of non-NUT	
D	ау	Date	Fever: Yes • No	Respiratory symptoms	symptoms	(Hospital/Clinic Name)	people that you met

				No symptoms	No
		Morning	Yes • No	Cough/Breathing Difficulty/Sore Throat/Runny Nose	Yes (
7 /			No symptoms	No	
		Evening	Yes•No	Cough/Breathing Difficulty/Sore Throat/Runny	
				Nose No symptoms	Yes ()
		Morning	Yes∙No	Cough/Breathing Difficulty/Sore Throat/Runny	No
8	/	5		Nose	Yes ()
Ŭ	/	Evening	Yes • No	No symptoms Cough/Breathing Difficulty/Sore Throat/Runny	No
		Evening	103 110	Nose	Yes ()
		Manufact	Mara Mar	No symptoms	No
0	/	Morning	Yes∙No	Cough/Breathing Difficulty/Sore Throat/Runny Nose	Yes ()
9	/			No symptoms	No
		Evening	Yes • No	Cough/Breathing Difficulty/Sore Throat/Runny Nose	Yes ()
				No symptoms	No
		Morning Yes · No	Cough/Breathing Difficulty/Sore Throat/Runny Nose	Yes (
10	/	/ Evening Yes·No		No symptoms	No
			Cough/Breathing Difficulty/Sore Throat/Runny	Yes ()	
				Nose No symptoms	No
		Morning	Yes•No	Cough/Breathing Difficulty/Sore Throat/Runny	
11	/		Nose No symptoms	103 ()	
		Evening Yes•No	Cough/Breathing Difficulty/Sore Throat/Runny	Νο	
			Nose	Yes ()	
		Morning Yes • I	Yes•No	No symptoms Cough/Breathing Difficulty/Sore Throat/Runny	No
12	/			Nose	Yes ()
12	/	∕ Evening Yes∙No		No symptoms Cough/Breathing Difficulty/Sore Throat/Runny	No
			Nose	Yes ()	
		/ Morning Yes • No No symptoms Cough/Breathing Difficulty/Sore Throat/Runny Nose No / Keyening Yes • No No Evening Yes • No No Nose No Yes (No
10	/		Yes ()		
13	/			No	
			Cough/Breathing Difficulty/Sore Throat/Runny Nose	Yes (
		Morning Yes∙No	No symptoms	No	
			Cough/Breathing Difficulty/Sore Throat/Runny	Yes (
14	/			Nose No symptoms	No
		Evening	Yes•No	Cough/Breathing Difficulty/Sore Throat/Runny	
				Nose	Yes ()