

# Health Check and Activity Record Sheet

Contact • Submission

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【staff】 Administrative Office, Emergency Management Headquarters Tel: 0258-47-9201 E-mail: kiki@jcom.nagaokaut.ac.jp

**[Purpose of this sheet]**

This sheet is needed to prevent the spread of COVID-19 infections by identifying the contacts of infected people or those have been in close contact with infected people. We thank you for your cooperation.

\*Please conduct this health check twice a day (morning and evening). Please also record your activities (including close contacts) every day while your memory is still fresh. \*Close contacts refer to those whom you have been in contact with for more than 15 minutes within 1 meter.

**If you have a confirmed COVID-19 infection or are suspected to be a close contact, please submit this sheet to the NUT Emergency Management Headquarters by email.**

**(Please also keep a copy of this sheet's records in your daily schedule book.)**

Name		Phone Number	
Department		Email Address	
Student No.		Staff No.	

For students living in dormitories, please write the dormitory name/room number here: ( )

**\*If you have been to a clinic/hospital, please write the details below.**

Clinic/hospital name:		Consultation date/symptoms:	
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**\* If you have visited other prefectures or participated in events (including volunteer work), please write the details below.**

Destination: City		Visiting Period:	~
Event Name/Participation Date/Location			

Day	Date		Fever	Temperature (°C)	Respiratory Symptoms	Other Symptoms	Department/Name/Activities of Close Contacts
1	1/27	Morning					
		Evening					
2	1/28	Morning					
		Evening					
3	1/29	Morning					
		Evening					
4	1/30	Morning					
		Evening					
5	1/31	Morning					
		Evening					
6	2/1	Morning					
		Evening					

2 days before infection  
 start or day of close  
 contact with an infected  
 person

Day	Date		Fever	Temperature (°C)	Respiratory Symptoms	Other Symptoms	Department/Name/Activities of Close Contacts
7	2/2	Tue	Morning				
			Evening				
8	2/3	Wed	Morning				
			Evening				
9	2/4	Thu	Morning				
			Evening				
10	2/5	Fri	Morning				
			Evening				
11	2/6	Sat	Morning				
			Evening				
12	2/7	Sun	Morning				
			Evening				
13	2/8	Mon	Morning				
			Evening				
14	2/9	Tue	Morning				
			Evening				