

**COVID-19 Health Check Sheet (for students)【Sample】**Student ID Number: **s1280888** Name **AIZU, Taro** 【Ex. : average body temperature: 36.4 °C】

MM/DD	Time of measurement / body temperature (°C)				Symptom (Circle all symptoms that you experienced through the day)
	Morning		Night		
	Time	Temp	Time	Temp	
<b>4/13</b>	<b>7:00</b>	<b>36.2</b>	<b>19:00</b>	<b>36.8</b>	cough, expectoration, sore throat, headache, diarrhea, fatigue, chest tightness, difficult breathing, <u>loss of smell and taste</u> , others ( )
(月)	Activity Record → (Location, the place you visited on campus)		<u>Aizuwakamatsu City</u> , <u>Lecture Hall (M10 STD4)</u> , <u>Research Quadrangles (S1 104, Geek Dojo)</u> , <u>Cafeteria</u> , <u>Student Hall</u> , <u>Library</u> , <u>Other (Auditorium)</u>		

○ In the space marked for activity record (location, the place you visited on campus), please write the name the of the municipality where you visited). Please also write the name of the all the facilities and classroom where you have visited.

○ Please record your daily activity on this sheet everyday for the time being. (Please make a photocopy and use this form) You may be requested to submit this health check sheet to the Student Affairs Division when you have any symptoms

○ Please always carry a health check sheet with you in order to ensure your own safety and well-being

**【Handling when you have a symptom (for student)】**

○ If you have any symptom such as a fever, please contact the Academic Affairs Section, and stay home instead of coming to school

(\* You will not be considered absent during the time)

**【Contact】Academic Affairs Section, Student Affairs Division 0242-37-2600**

**(sad-aas@u-aizu.ac.jp)**

○ If you have any of the following symptoms, please consult with [returnees and contact consultation center]

(a) cold symptoms and pyrexia of 37.5°C or higher fever for more than 4 days(\*)

(b) strong sluggishness (malaise) and difficulty breathing (dyspnea).

(\* For the elderly and those with underlying diseases, if you have a condition above for 2 days)

**【Returnees and Contact Information Center】Aizu Health Center (Aizu Health and Welfare Office)**  
0242-29-5203

Reception Hours: Weekdays from 9 am to 5 pm (please follow the recording instructions after hours)

◇ If you have consulted the "returnees and contact information center", visit the outpatient medical center. (have taken the PCR test)

→ Please contact the University as soon as possible when you visit or have been taken to an outpatient center.

Please follow the instructions from your doctor and inform the university when the result of your visit is available.

◇ If you have consulted the "returnees and contact information center", and visit a regular medical center.

→ Please follow the instructions from your doctor and inform the university when the result of your visit is available.

**【Contact】Weekdays 08:30~17:15 Student Health and Welfare Services Section**

0242-37-3515 (cl-health-welfare@u-aizu.ac.jp)

Nights / Holidays Campus Security 0242-37-2700