Checklist 　＊ If you visit a hospital, please bring this form.

**Student ID no./ Employee ID no. ( )　 Faculty/ Department ( )　 Name ( )**

Check your body temperature twice a day and if you have any symptoms, please mark ✓ in the fields. 1st week

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| AM |  Date Symptoms | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| / ( ) | / ( ) | / ( ) | / ( ) | / ( ) | / ( ) | / ( ) |
| Body temperature | ℃ | ℃ | ℃ | ℃ | ℃ | ℃ | ℃ |
| Cough |  |  |  |  |  |  |  |
| Sore throat |  |  |  |  |  |  |  |
| Shortness of breath |  |  |  |  |  |  |  |
| Fatigue |  |  |  |  |  |  |  |
| Sore joints and muscles |  |  |  |  |  |  |  |
| Diarrhoea / Nausea |  |  |  |  |  |  |  |
| Headache |  |  |  |  |  |  |  |
| Loss of taste/ Loss of smell |  |  |  |  |  |  |  |
| Others |  |  |  |  |  |  |  |
| PM | Body temperature | ℃ | ℃ | ℃ | ℃ | ℃ | ℃ | ℃ |
| Cough |  |  |  |  |  |  |  |
| Sore throat |  |  |  |  |  |  |  |
| Shortness of breath |  |  |  |  |  |  |  |
| Fatigue |  |  |  |  |  |  |  |
| Sore joints and muscles |  |  |  |  |  |  |  |
| Diarrhoea / Nausea |  |  |  |  |  |  |  |
| Headache |  |  |  |  |  |  |  |
| Loss of taste/ Loss of smell |  |  |  |  |  |  |  |
| Others |  |  |  |  |  |  |  |
| Gakushuin Women's College Nurse's office e-mail:gwc-hlth@gakushuin.ac.jp |

Checklist 　＊ If you visit a hospital, please bring this form.

**Student ID no./ Employee ID no. ( )　 Faculty/ Department ( )　 Name ( )**

Check your body temperature twice a day and if you have any symptoms, please mark ✓ in the fields. 2nd week

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| AM |  Date Symptoms | Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |
| / ( ) | / ( ) | / ( ) | / ( ) | / ( ) | / ( ) | / ( ) |
| Body temperature | ℃ | ℃ | ℃ | ℃ | ℃ | ℃ | ℃ |
| Cough |  |  |  |  |  |  |  |
| Sore throat |  |  |  |  |  |  |  |
| Shortness of breath |  |  |  |  |  |  |  |
| Fatigue |  |  |  |  |  |  |  |
| Sore joints and muscles |  |  |  |  |  |  |  |
| Diarrhoea / Nausea |  |  |  |  |  |  |  |
| Headache |  |  |  |  |  |  |  |
| Loss of taste/ Loss of smell |  |  |  |  |  |  |  |
| Others |  |  |  |  |  |  |  |
| PM | Body temperature | ℃ | ℃ | ℃ | ℃ | ℃ | ℃ | ℃ |
| Cough |  |  |  |  |  |  |  |
| Sore throat |  |  |  |  |  |  |  |
| Shortness of breath |  |  |  |  |  |  |  |
| Fatigue |  |  |  |  |  |  |  |
| Sore joints and muscles |  |  |  |  |  |  |  |
| Diarrhoea / Nausea |  |  |  |  |  |  |  |
| Headache |  |  |  |  |  |  |  |
| Loss of taste/ Loss of smell |  |  |  |  |  |  |  |
| Others |  |  |  |  |  |  |  |
| Gakushuin Women's College Nurse's office e-mail:gwc-hlth@gakushuin.ac.jp |