Self-Health Checklist

Student ID no/ Employee ID no. (　　) Faculty/Department (　　) Name (　　) Age (　　) Sex (Male・Female)

※ If you have fever (≧37.5 degrees) and respiratory symptoms (cough, sputum, shortness of breath, etc), Please contact Health Service Center.

Matsue:Tel:0852-32-6568 (Extension 2801), Mail: health@soc.shimane-u.ac.jp

Izumo：Tel:0853-20-2099, Mail:satoezoe@med.shimane-u.ac.jp

Date: Jan 23rd Fri←1/23(Fri)

Date	/ ( )	/ ( )	/ ( )	/ ( )	/ ( )	/ ( )	/ ( )
am	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C
	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)
	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)
	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)
	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)
	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)
	etc. ( )	etc. ( )	etc. ( )	etc. ( )	etc. ( )	etc. ( )	etc. ( )
pm	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C
	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)
	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)
	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)
	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)
	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)
	etc. ( )	etc. ( )	etc. ( )	etc. ( )	etc. ( )	etc. ( )	etc. ( )

Date	/ ( )	/ ( )	/ ( )	/ ( )	/ ( )	/ ( )	/ ( )
am	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C
	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)
	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)
	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)
	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)
	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)
	etc. ( )	etc. ( )	etc. ( )	etc. ( )	etc. ( )	etc. ( )	etc. ( )
pm	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C	Body temperature ( )°C
	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)	Congestion/sneezing (yes/no)
	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)	Coughings (yes/no)
	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)	Phlegm (yes/no)
	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)	Shortness of breath (yes/no)
	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)	Rales (yes/no)
	etc. ( )	etc. ( )	etc. ( )	etc. ( )	etc. ( )	etc. ( )	etc. ( )