

## Health Checklist for NU Students (For the First Term)

**Student ID:**

**Name:**

**Email:**

	Date	Check your body temperature twice a day Body temperature (°C)		Check the following symptoms							
		AM	PM	Cough	Sore thorat	Runny nose, nasal congestion	Headache	Diarrhea Stomachache	Excessive fatigue	Shortness of breath	Others
		<b>Example</b>	<b>April, 6th</b>	<b>36.2</b>	<b>36.5</b>		✓		✓		
Day 1	April, 7th										
Day 2	April, 8th										
Day 3	April, 9th										
Day 4	April, 10th										
Day 5	April, 11th										
Day 6	April, 12th										
Day 7	April, 13th										
Day 8	April, 14th										
Day 9	April, 15th										
Day 10	April, 16th										
Day 11	April, 17th										
Day 12	April, 18th										
Day 13	April, 19th										
Day 14	April, 20th										

Actions you took yourself in the case you had the symptoms.

(Example: I took medicines on March 3, I contacted Niigata City Public Health and Sanitation Center on April 8th, I saw a doctor on March 10 etc.

※ Check your body temperature twice a day (morning and evening).

※ If you have any symptoms listed in the checklist, please tick the appropriate box as shown in example.

※ In the case you have cold-like symptoms such as excessive fatigue, shortness of breath, a fever with 37.5°C or over, please call Niigata University Health Administration Center (Ikarashi: 025-262-6244, Asahimachi: 025-227-2040).