

Health Checklist for Students of Niigata University < Cold-like symptoms > Ver.2 (2020.5.12)

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 Stomachace	Excessive fatigue	Shortness of breath	Others
Example	April, 1st	36.2	36.5		✓				✓		
Day 1											
Day 2											
Day 3											
Day 4											
Day 5											
Day 6											
Day 7											

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

(Example: I took medicines on March 4th, I saw a doctor on March 10th etc.)

※ Check your body temperature twice a day: in the morning and in the evening.

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

※ If you have any severe symptoms such as shortness of breath, excessive fatigue and high fever, or if you continue to have moderately mild cold-lilke symptoms such as fever and cough, please call "[Kikokusya Sessyokusya Soudan Center.](#)" Tel: 025-212-8194

In the case you need to have the PCR testing done, please call Niigata University Health Administration Center.

※ When you finish filling in the checklist, please submit the scheet to your faculty or graduate school.

※ If your symtoms go away, please fill in the checklist up until the day when your symptoms have gone, and submit it to us.

※ In the case you have had symptoms for 7 days, please contact "Niigata University Health Administration Center"

(Ikarashi Campus: 025-262-6244, Asahimachi: 025-227-2040)