

## Health Checklist for Students who Traveled out of Niigata Prefecture

Student ID :

Name :

Phone Number :

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

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

(e.g., I saw a doctor at a medical institution on April 2. I contacted Niigata City Public Health Center on April 5. I took over-the-counter medicine on April 7. etc.)

- Check your body temperature for 14 days, twice a day in the morning and in the evening.
- If you have any symptoms listed in the checklist, please tick the appropriate box as shown in example.
- If you haven't had any particular symptoms, you don't need to submit the form.
- In the case you have severe symptoms such as excessive fatigue, shortness of breath, and a high fever or you have/continue to have mild symptoms such as a fever and cough, please consult with your family doctor over the phone.  
If you don't know a family doctor, make sure to consult with either Niigata University Health Administration Center (Ikarashi: 025-262-6244, Asahimachi: 025-227-2040, daytime on weekdays only) or Niigata Prefecture Multilingual COVID-19 Hotline\* (TEL: 025-256-8573, available for 24-hour assistance, including weekends & holidays) over the phone.  
\*Your call will be put through to Niigata Prefecture Coronavirus Consultation Center, and you can speak through an interpreter.
- In the case you need to get tested for a PCR/Antigen test, please call Student Affairs Office of your Faculty/Graduate School.