

Health Record

Name: _____

Affiliation: _____

Contact person in KEK (name, phone number): _____

	<u>1st day</u>	<u>2nd day</u>	<u>3rd day</u>	<u>4th day</u>	<u>5th day</u>	<u>6th day</u>	<u>7th day</u>
date from your arrival to Japan (m/d)	/	/	/	/	/	/	/
body temperature (morning)							
body temperature (evening)							
any symptoms of flu? (choose one)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Possible symptoms of the flu : quick rise of body temperature to above 38 deg.C, sneezing, coughing, headache, joint pain, dullness.

Effective preventive measures:

Gargle and wash your hands after coming back from outside.

Monitor body temperature twice a day.

Eat properly, drink sufficient water and take rest.

Avoid contact with anyone as much as possible.

Protect yourself as well as others by wearing surgical mask, reduce the chance to expose others to your sneeze.

Keep distance of at least 2meters from any other person, if possible.

Do not go to hospital/clinic when you notice some of the flu symptoms. You should consult with local Public Health Center by phone first.

Record your health condition diligently on this sheet and keep it handy for your consultation.