

Health Self Check Sheet



☆ Please check this before going out of the house

- Do you have an unusual high temperature or fever (temperature around 37.5 °C) ?
- Do you have cough?
- Do you have cold symptoms such as sore throat?
- Do you have a strong feeling of sluggishness or difficulty of breathing?
- Are there any digestive symptoms (unusual symptoms) such as diarrhea?
- Do you have headache (or symptoms different from normal) ?
 - If you have symptoms that are different from normal, do not overdo it and rest at home. In that case, please be sure to contact the school.
 - If you are positive for corona, after the suspension of school attendance is lifted, please wear a mask until 10 days have passed since the onset of symptoms.

Please paste this on a place where you can see it