

TO: Students of Hirosaki University

Statements about the COVID-19 (Information)

An outbreak of respiratory illness caused by a novel coronavirus first identified in Wuhan, Hubei Province, China has spread to other areas. Please read the following statement and act accordingly.

1. Everyday preventive actions are strongly encouraged, including washing your hands with soap and water thoroughly and gargling often.
2. Check your temperature twice (morning and night) a day and make sure you are in a good health.
3. In order to check your health condition, fill in the Medical Interview Sheet (Attachment 1) today and follow the direction depending on your results.
4. If you are diagnosed with COVID-19 or considered to be a close contact person with COVID-19 patients, please do not come to the university and report to the faculty you belong to.

If you need to be absent from classes due to COVID-19 (either because you have tested positive for COVID-19 or tested negative but are still affected by virus containment measures, etc.), Hirosaki University will not count them against your attendance.

5. **If you have the symptoms mentioned below, please contact the nearest health center first.** If you are conducting health check, you can use the "Follow-up checkup sheet" (Attachment 2). Please also inform the Health Administration Center about the results of your consultation.
 - Continued to have cold-like symptoms or fever (above 37.5°C) for more than four days (including when you need to continue taking an antipyretic)
 - Have a strong feeling of weariness (fatigue) or difficulty breathing※Please consult with the health center if you are a senior citizen or have an underlying disease, and you have had the symptoms mentioned above for about two days.

Hirosaki-city Health Center : TEL 0 1 7 2 - 3 3 - 8 5 2 1

Aomori-city Health Center : TEL 0 1 7 - 7 6 5 - 5 2 8 0

Goshogawara-city Health Center : TEL 0 1 7 3 - 3 4 - 2 1 0 8

Opening Hours: 8:30am~5:00pm on weekdays (Not open on weekends and holidays)

6. **If you have any concerns or inquiries regarding the COVID-19, please contact the Hirosaki University Health Administration Center via email or giving a call.**
(e.g. "I suspected to have a close contact with infected persons. Please let me know what to do." OR "I would like to conduct health check, but I do not have a thermometer.")
7. Please stay informed about the COVID-19, since the situation could change at any time. Check the Hirosaki University website daily and/or gather the latest information on your own.
Hirosaki University Website: <https://www.hirosaki-u.ac.jp/>

Hirosaki University Health Administration Center
TEL 0172-39-3118/3128
jm3118@hirosaki-u.ac.jp / jm3128@hirosaki-u.ac.jp

Follow-up checkup sheet

Faculty _____

Student ID _____

Name _____

- ① Take your temperature twice (morning/night) a day and fill in this sheet.
- ② If you have a fever (above 37.5°C) or respiratory symptoms for more than four days (more than two days if you have an underlying disease or a senior citizen), please call the nearest Health Center. Please also inform the Hirosaki University Health Administration Center about the results of your consultation and submit this sheet to the Health Administration Center via email.
- ③ If you answer yes to the question one on the Medical Interview sheet (Attachment 1) and do not have a fever during the follow-up checkup, please submit this sheet to the Hirosaki University Health Administration Center via email after the follow-up checkup ends.
- ④ If ② and/or ③ do not apply to you, you do not need to submit this sheet to the Hirosaki University Health Administration Center.

Date/Time		Temperature	Cough, Difficulty Breathing, Fatigue, Muscle Soreness	Note	Date/Time		Temperature	Cough, Difficulty Breathing, Fatigue, Muscle Soreness	Note
3/30	: :	. °C . °C	Yes/No Yes/No		4/12	: :	. °C . °C	Yes/No Yes/No	
3/31	: :	. °C . °C	Yes/No Yes/No		4/13	: :	. °C . °C	Yes/No Yes/No	
4/1	: :	. °C . °C	Yes/No Yes/No		4/14	: :	. °C . °C	Yes/No Yes/No	
4/2	: :	. °C . °C	Yes/No Yes/No		4/15	: :	. °C . °C	Yes/No Yes/No	
4/3	: :	. °C . °C	Yes/No Yes/No		4/16	: :	. °C . °C	Yes/No Yes/No	
4/4	: :	. °C . °C	Yes/No Yes/No		4/17	: :	. °C . °C	Yes/No Yes/No	
4/5	: :	. °C . °C	Yes/No Yes/No		4/18	: :	. °C . °C	Yes/No Yes/No	
4/6	: :	. °C . °C	Yes/No Yes/No		4/19	: :	. °C . °C	Yes/No Yes/No	
4/7	: :	. °C . °C	Yes/No Yes/No		4/20	: :	. °C . °C	Yes/No Yes/No	
4/8	: :	. °C . °C	Yes/No Yes/No		4/21	: :	. °C . °C	Yes/No Yes/No	
4/9	: :	. °C . °C	Yes/No Yes/No		4/22	: :	. °C . °C	Yes/No Yes/No	
4/10	: :	. °C . °C	Yes/No Yes/No		4/23	: :	. °C . °C	Yes/No Yes/No	
4/11	: :	. °C . °C	Yes/No Yes/No		/	: :	. °C . °C	Yes/No Yes/No	

Private information written on this sheet will not be shared with others and treated as confidential.

Submit to Hirosaki University Health Administration Center:
jm3118@hirosaki-u.ac.jp / jm3128@hirosaki-u.ac.jp