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

Medical Interview Sheet

Date (Year/Month/Date)	Faculty you belong to	Student or Staff ID	Name		

Please answer to the following questions. Until classes start, please avoid conducting any activities may lead you to get infected (exception: attending university events you are required to come, working, and essential shopping).

To questions number one to four, please answer as of March 30th.

Question	Answer		
①Have you visited overseas in the past two weeks?	Yes	No	
②Have you been in the same room with the COVID-19 patients or	Yes	No	
person who suspect symptoms in the past two weeks?			
③Have you shared a room with close contact person with COVID-19	Yes	No	
patients in the past two weeks?			
Are you experiencing any symptoms that you do not have normally,	Yes	No	
such as respiration symptoms (cough/difficulty breathing), muscle			
soreness, digestive problems, or fatigue in the past two weeks?			
⑤Do you have an underlying disease*?	Yes	No	
Students Only			
⑥Are you going to register for a practical training being held outside of	Yes	No	
campus in this semester?			
⑦Do you live in a Hirosaki University student dorm?	Yes	No	
®Do you share a house or building with other students (except for those	Yes	No	
living in the international house/Kokusai Koryu Kaikan)?			
Staff Only			
	Yes	No	
	Yes	No	

^{*}Underlying disease includes diabetes, heart failure, respiratory disease, kidney damage, artificial dialysis, administration of a biological preparation, receiving a chemical treatment, or administration of immunosuppressant, etc. Private information written on this sheet will not be shared with others and treated as confidential.

- Olf you answer no to all of the questions listed above, you do not need to submit this sheet (Attachment 1), however, you are required to check your health condition from today to the date classes will start by using Follow-up checkup sheet (Attachment 2).
- Olf you answer yes to any of the questions two to four, you do not need to submit this sheet (Attachment 1), however, you are suspected of having contracted COVID-19. Please do not come to the university and report to the faculty you belong to about your current situation.
- Olf you answer yes to any of the questions five to ten, you do not need to submit this sheet (Attachment 1), however, if you have contracted COVID-19, it may cause huge impacts on you and others close to you. Therefore, please check your health condition by filling in the follow-up checkup sheet (Attachment 2) until COVID-19 situation settles.
- Olf you answer yes to the question one, please submit this sheet now and the follow-up checkup sheet (Attachment 2) after April 23rd to the Hirosaki University Health Administration Center.

Additional Question: Please tell us where you stayed and for how long?

(Country: City: Duration:

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.

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