TO: Students and faculty of Hirosaki University  
FROM: Hirosaki University Health Administration Center  
(mentioned as “the Health Administration Center”)

Statements about the COVID-19 (Information) (NO.2)

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. When students and faculty of Hirosaki University come back to Japan after staying in countries where confirmed cases of the COVID-19 are observed, please make sure to do the following things.

   ① Complete the "Health checking form" (Attachment 1) and submit the form via email to the Health Administration Center two days before you depart from the country you are currently staying.

   ② The Health Administration Center will check the form and might ask you to stay in your room or to refrain from going out for a while after coming back to Japan. Therefore, after you return to Japan, please check your email regularly and make sure you are able to receive emails anytime.

   ③ For follow-up checkup, take your temperature twice (morning/night) a day and fill in the “Follow-up checkup sheet” (Attachment 2) for 14 days after you come back to Japan.

   ④ If you have a fever (above 37.5°C) or respiratory symptoms during the follow-up, please call the nearest Health Center and explain your travel history and symptoms and follow the directions given by the Health Center. Please also inform the Health Administration Center about the results of your consultation and submit the “Follow-up checkup sheet” (Attachment 2) to the Health Administration Center via email.

   (Hirosaki-U Health Administration Center : TEL 0172-39-3118・3128)

   ⑤ If you do not have a fever or respiratory symptoms during the follow-up checkup, please submit the “Follow-up checkup sheet” (Attachment 2) to the Health Administration Center via email after the 14-day period ends.

3. 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.

4. 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

   Hirosaki-city Health Center : TEL 0172-33-8521
   Aomori-city Health Center : TEL 0177-65-5280
   Goshogawara-city Health Center : TEL 0173-34-2108

(Hirosaki-U Health Administration Center : TEL 0172-39-3118・3128)
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.

5. If you have any concerns or inquiries regarding the COVID-19, please contact the Health Administration Center via email or giving a call. (In order to prevent a spread of the infection, please do not visit the Health Administration Center without contacting them first.) (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.”)

Related websites:
- Overseas Safety Information, Ministry of Foreign Affairs of Japan (https://www.anzen.mofa.go.jp/)
- Hirosaki University (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
Health checking form

Year/Month/Date: __________________________

Faculty: ________________________________

(Student・Faculty) Circle one that applies

Name: ________________________________

1. Please tell us where you stayed and for how long?

(Country: __________________ City/Town: __________________ Duration: ~ )
(Country: __________________ City/Town: __________________ Duration: ~ )
(Country: __________________ City/Town: __________________ Duration: ~ )

2. Have you been in the same room with the COVID-19 patients or person who suspect symptoms?

☐ YES ☐ NO

3. Your current body temperature ( __________ °C)

4. Are you experiencing any symptoms that you do not have normally, such as respiration symptoms (cough/difficulty breathing), muscle soreness, digestive problems, or fatigue?

☐ YES ☐ NO

If yes, please write the symptoms you have in detail:

5. If you have had a fever or experienced symptoms you usually do not have, have you seen a doctor?

☐ YES ☐ NO

If yes, please let us know the date you went to a hospital or clinic:

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

Faculty
( Student・Faculty ) Circle one that applies
Name

① Take your temperature twice (morning/night) a day and fill in this Follow-up checkup sheet for 14 days after you come back to Japan.

② If you have a fever (above 37.5℃) or respiratory symptoms during the follow-up, please call the nearest Health Center and explain your travel history and symptoms and follow the directions given by the Health Center. Please also inform the Health Administration Center about the results of your consultation and submit this sheet to the Health Administration Center via email.

- Hirosaki-city Health Center: 0172-33-8521
- Aomori-city Health Center: 017-765-5280
- Goshogawara-city Health Center: 0173-34-2108
- Hirosaki-U Health Administration Center: 0172-39-3118・3128

③ If you do not have a fever or respiratory symptoms during the follow-up checkup, please submit this “Follow-up checkup sheet” (Attachment 2) to the Health Administration Center via email after the 14-day period ends.

④ Even if you are coming back to Japan after you stayed in a country where no cases of the COVID-19 are observed, you can use this form to conduct health check. In that case, you do not need to submit the form to the Hirosaki-U Health Administration Center unless you are asked to do so.

<table>
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<tr>
<th>Day</th>
<th>Date/Time</th>
<th>Respiratory Symptoms (Cough/Difficulty Breathing)</th>
<th>Temperature</th>
<th>Fatigue</th>
<th>Muscle Soreness</th>
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<td>① °C Yes No</td>
<td>② °C Yes No</td>
</tr>
</tbody>
</table>

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