The University of Tsukuba Mountain Science Center Health Check Sheet

To prevent the spread of infection of the novel coronavirus, please fill in and submit this check sheet.
During your stay please try to prevent the spread of infection by:
wearing a mask, washing your hands, throat gargling, and ventilating rooms.
Avoid the three Cs: closed spaces, crowded places, and close conversations.
The information you provide will only be used for COVID-19 infection prevention measures.

Name ☎	Date of Visit (YY/MM/DD - YY/MM/DD)
Affiliation	～

Health Status（before visiting）

If you have any experienced any of the following in the 10 days before your planned visit, you will not be allowed to visit.

- **Have had symptoms such as fever, cough, fatigue or abnormal sense of taste or smell.**
- **Have had respiratory symptoms such as shortness of breath or congestion.**
- **Have been in contact with someone with the above-mentioned symptoms, or with a person who has the novel coronavirus.**

The above three points do not apply to me. ☐ Check if not applicable.

Health Status (while visiting)

If you have a fever or feel unwell, please notify the office immediately.

Date	Time	Body Temperature	Check	Physical Condition
	:	less than 37.5°C	☐	
	:	less than 37.5°C	☐	
	:	less than 37.5°C	☐	
	:	less than 37.5°C	☐	
	:	less than 37.5°C	☐	
	:	less than 37.5°C	☐	
	:	less than 37.5°C	☐	