Attachment 1

**Report Sheet**

* Please submit this sheet to the department you belong to, when you visit a “specific domestic area” in Japan.
* While traveling, please follow the preventive measures specified by Hirosaki University.
* When returning to Hirosaki from “specific domestic area” prefectures, please follow the guideline below.

|  |  |
| --- | --- |
| Date | Year/Month/Date: |

|  |  |
| --- | --- |
| Faculty/Department |  |
| Name |  |
| Student/Staff ID |  |
| Phone Number/Email Address |  |

|  |  |  |
| --- | --- | --- |
| How long will you stay? | **Cities** | **From** (Year/Month/Date) **To** (Year/Month/Date) |
| Cities & dates you plan to travel *(If you plan to travel to multiple cities, please include all of them and the dates you plan to stay there)* |  |  |
| Type of Transportation |  |  |

**【Preventive measures to take while traveling to “Hotspot” prefectures】**

Please follow the directions written below while you are traveling to “Hotspot” prefectures.

**Please avoid those below**

★Have a meal or drink with more than 5 people.

★Going to the events which are held inside where preventive measures are not taken.

★Shopping at crowded shopping malls where preventive measures are not taken.

**Things you need to follow**

★Wear a face mask while you use public transportation or at places where many strangers are present.

★When you have a meal or drink, please avoid talking loud.

★Wash or disinfect your hands frequently.

★If you have any symptoms such as fever etc. you need to consult to Medical institution immediately.

**【Things you need to do when you return to Hirosaki】**

○The next day when you return to your home, you need to fill in the check sheet (Attachment 2) and submit it to the department you belong to within three days,

○When you return home, please conduct a self-monitored follow-up checkup for 10 days (Attachment 3) and keep it by yourself.

○If you have any symptoms such as fever etc, you need to consult a Medical institution immediately.

How to submit: Submit by e-mail to the faculty or department you belong to