Attachment 2

**Check Sheet**

○Look back the actions you took during your travel and answer below and submit to the Hirosaki University Health Administration Center within three days after you return to Hirosaki.

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

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

○ Has the information you wrote on the Report Sheet changed？

□Yes　→Write the updated information below　　　　□No

|  |  |  |
| --- | --- | --- |
|  | **Cities** | **From** (Year/Month/Date) **To** (Year/Month/Date) |
| Cities you visited & the dates  *(If you visited multiple cities, please include all of them & the dates you stayed there)* |  |  |
| Mode of Transportation |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| NO | Questions | Answers | |
| １ | Did you have meals with several people outside of your home or hotel, especially meals that involved drinking? | □No | □Yes |
| ２ | Did you go to karaoke bars or other high-risk places (e.g., places that require you to have close-contact with others)? | □No | □Yes |
| 3 | Did you go to any entertainment events, such as concerts, musicals, or cinemas? | □No | □Yes |
| 4 | Did you go to any events that were held inside (especially places where preventive measures were not taken or enforced)? | □No | □Yes |
| 5 | Did you go shopping for an extended time in a crowded shopping mall? | □No | □Yes |
| 6 | Did you wear a face-mask while you were traveling by public transportation or when you were in a place where many strangers were present? | □Yes | □No |
| ７ | Did you wear a face-mask when you had a conversation with non-family members? | □Yes | □No |
| 8 | Did you wash or disinfect your hands frequently? | □Yes | □No |
| 9 | Did you avoid sharing items with others? | □Yes | □No |

How to submit: Submit to the Hirosaki University Health Administration Center by email hokekan\_covid19@hirosaki-u.ac.jp