

To President of Yokohama National University

Personal Health Check

Measure your body temperature every morning and night for ten days after your return.

Inform us every five days by e-mail or Fax.

Name _____

Affiliation(eg. faculty, section) _____

Student ID number _____

Destination (The name of the country, state) _____

Stopover(s) _____

date of departure (dd/mm/09) _____

date of Arrival(dd/mm/09) _____

	date(dd/mm)	body temperature(°C)		symptom
		morning	night	
1				
2				
3				
4				
5				midterm report
6				
7				
8				
9				
10				final report

※ If the symptoms of the disease (eg. high temperature and the cough) appear after you come home, please contact the nearest public health center immediately and inform the staff that you have been to the infected area.

※ By April 30, cases have been confirmed in Mexico, United States, Canada, Spain, New Zealand, Israel, Britain, Germany, Austria, and Costa Rica.

※ Symptoms of swine influenza are the same as the common ones, i.e. high fever, fatigue, poor appetite, and coughs. You may also have runny nose, sore throat, nausea, vomition and diarrhea.

Prevention measures

1. Take enough water and food and refrain from going out unless there is urgent need.
2. Keep away from the crowd. Put surgical mask on for blocking other people's coughs.
3. Wash your hands and gargle anytime possible.
4. Avoid touching the mucous membrane of your mouth, eye and nose, for the virus transmits

※ Your personal information will not be used for any other purposes.