

# Health Card

Higashimachi ES

Grade \_\_\_\_\_ Class \_\_\_\_\_ Name \_\_\_\_\_

※To combat the spread of COVID-19 (corona virus), you will look after your health. Lower grade students, please have someone at home help you fill out the card.

- Take your temperature in the morning and at night, and then fill in the form completely.
- Write in all the boxes and circle all of the answers.
- If you answer "Not Good" in the **Health Condition** section, write what's wrong in the empty box. (cough, fever, headache, diarrhea)
- Parents and guardians, please check all the information everyday.

Date (Day)		5/19 (Tues)	20 (Wed)	21 (Thurs)	22 (Fri)	23 (Sat)	24 (Sun)	25 (Mon)
Temp.	Morning	°C	°C	°C	°C	°C	°C	°C
	Night	°C	°C	°C	°C	°C	°C	°C
Appetite (Eating well?)		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Sleep (Sleeping well?)		Not well Well	Not well Well	Not well Well	Not well Well	Not well Well	Not well Well	Not well Well
Diarrhea		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Health Condition <small>cough, sore throat, runny nose</small>		Good Not good	Good Not good	Good Not good	Good Not good	Good Not good	Good Not good	Good Not good
Parent's Confirmation								

Date (Day)		26 (Tues)	27 (Wed)	28 (Thur)	29 (Fri)	30 (Sat)	31 (Sun)	6/1 (Mon)
Temp.	Morning	°C	°C	°C	°C	°C	°C	°C
	Night	°C	°C	°C	°C	°C	°C	°C
Appetite (Eating well?)		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Sleep (Sleeping well?)		Not well Well	Not well Well	Not well Well	Not well Well	Not well Well	Not well Well	Not well Well
Diarrhea		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Health Condition <small>cough, sore throat, runny nose</small>		Good Not good	Good Not good	Good Not good	Good Not good	Good Not good	Good Not good	Good Not good
Parent's Confirmation								

Date (Day)		2 (Tues)	3 (Wed)	4 (Thurs)	5 (Fri)	6 (Sat)	7(Sun)	8 (Mon)
Temp.	Morning	°C	°C	°C	°C	°C	°C	°C
	Night	°C	°C	°C	°C	°C	°C	°C
Appetite (Eating well?)		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Sleep (Sleeping well?)		Not well Well	Not well Well	Not well Well	Not well Well	Not well Well	Not well Well	Not well Well
Diarrhea		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Health Condition <small>cough, sore throat, runny nose</small>		Good Not good	Good Not good	Good Not good	Good Not good	Good Not good	Good Not good	Good Not good
Parent's Confirmation								

# Health Card

Higashimachi ES

Grade \_\_\_\_\_ Class \_\_\_\_\_ Name \_\_\_\_\_

Date (Day)		9 (Tues)	10 (Wed)	11 (Thurs)	12 (Fri)	13 (Sat)	14 (Sun)	15 (Mon)
Temp.	Morning	°C	°C	°C	°C	°C	°C	°C
	Night	°C	°C	°C	°C	°C	°C	°C
Appetite (Eating well?)		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Sleep (Sleeping well?)		Not well Well	Not well Well	Not well Well	Not well Well	Not well Well	Not well Well	Not well Well
Diarrhea		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Health Condition <small>cough, sore throat, runny nose</small>		Good Not good	Good Not good	Good Not good	Good Not good	Good Not good	Good Not good	Good Not good
Parent's Confirmation								

Date (Day)		16 (Tues)	17 (Wed)	18 (Thurs)	19 (Fri)	20 (Sat)	21 (Sun)	22 (Mon)
Temp.	Morning	°C	°C	°C	°C	°C	°C	°C
	Night	°C	°C	°C	°C	°C	°C	°C
Appetite (Eating well?)		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Sleep (Sleeping well?)		Not well Well	Not well Well	Not well Well	Not well Well	Not well Well	Not well Well	Not well Well
Diarrhea		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Health Condition <small>cough, sore throat, runny nose</small>		Good Not good	Good Not good	Good Not good	Good Not good	Good Not good	Good Not good	Good Not good
Parent's Confirmation								

Date (Day)		23 (Fri)	24 (Sat)	25 (Thurs)	26 (Fri)	27 (Sat)	28 (Sun)	29 (Mon)
Temp.	Morning	°C	°C	°C	°C	°C	°C	°C
	Night	°C	°C	°C	°C	°C	°C	°C
Appetite (Eating well?)		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Sleep (Sleeping well?)		Not well Well	Not well Well	Not well Well	Not well Well	Not well Well	Not well Well	Not well Well
Diarrhea		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Health Condition <small>cough, sore throat, runny nose</small>		Good Not good	Good Not good	Good Not good	Good Not good	Good Not good	Good Not good	Good Not good
Parent's Confirmation								