自己健康チェック表　氏名：

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|  | 39.0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | 38.0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 37.0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | 36.0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 帰国後(日) | **１** | **２** | **３** | **４** | **５** | **６** | **７** |
| 月/日 | **／** | **／** | **／** | **／** | **／** | **／** | **／** |
| 倦怠感 |  |  |  |  |  |  |  |
| 咳 |  |  |  |  |  |  |  |
| のどの痛み |  |  |  |  |  |  |  |
| 鼻汁 |  |  |  |  |  |  |  |
| 下痢 |  |  |  |  |  |  |  |
| 吐き気 |  |  |  |  |  |  |  |
| その他 |  |  |  |  |  |  |  |
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※倦怠感から吐き気等は（＋）症状あり、（−）症状なしで記入