**自我健康状况监测表**

**Personal Health Monitoring Form**

姓名Name：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_，护照号Passport No.：\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **14天**14 Days | **日期**Date | **体温**Body Temperature | **是否与核酸阳性人员有过近距离接触**Have you been in close contact with anyone who has been tested positive for nucleic acid? | **是否有发热、乏力、呼吸道不适等疑似症状**Do you have any suspected symptoms of infection such as fever, fatigue or respiratory discomfort? | **是否服用退烧药、感冒药等药物**Have you taken any medicine for fever or cold, etc.? |
| 第1天Day 1 |  |  | 是Yes□ 否No□ | 是Yes□ 否No□ | 是Yes□ 否No□ |
| 第2天Day 2 |  |  | 是Yes□ 否No□ | 是Yes□ 否No□ | 是Yes□ 否No□ |
| 第3天Day 3 |  |  | 是Yes□ 否No□ | 是Yes□ 否No□ | 是Yes□ 否No□ |
| 第4天Day 4 |  |  | 是Yes□ 否No□ | 是Yes□ 否No□ | 是Yes□ 否No□ |
| 第5天Day 5 |  |  | 是Yes□ 否No□ | 是Yes□ 否No□ | 是Yes□ 否No□ |
| 第6天Day 6 |  |  | 是Yes□ 否No□ | 是Yes□ 否No□ | 是Yes□ 否No□ |
| 第7天Day 7 |  |  | 是Yes□ 否No□ | 是Yes□ 否No□ | 是Yes□ 否No□ |
| 第8天Day 8 |  |  | 是Yes□ 否No□ | 是Yes□ 否No□ | 是Yes□ 否No□ |
| 第9天Day 9 |  |  | 是Yes□ 否No□ | 是Yes□ 否No□ | 是Yes□ 否No□ |
| 第10天Day 10 |  |  | 是Yes□ 否No□ | 是Yes□ 否No□ | 是Yes□ 否No□ |
| 第11天Day 11 |  |  | 是Yes□ 否No□ | 是Yes□ 否No□ | 是Yes□ 否No□ |
| 第12天Day 12 |  |  | 是Yes□ 否No□ | 是Yes□ 否No□ | 是Yes□ 否No□ |
| 第13天Day 13 |  |  | 是Yes□ 否No□ | 是Yes□ 否No□ | 是Yes□ 否No□ |
| 第14天Day 14 |  |  | 是Yes□ 否No□ | 是Yes□ 否No□ | 是Yes□ 否No□ |

**本人保证以上填写信息真实、准确、完整，并知悉我将承担瞒报的法律后果。**I hereby declare that the information provided above is true, accurate and complete, and I am aware of the legal consequences in the case of partial or false disclosures.

**本人签名Signature：\_\_\_\_\_\_\_\_\_ 联系电话Telephone Number：\_\_\_\_\_\_**