**每日自我健康管理表格 Daily Self Health Observation Form**

**Staff/Students ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature:**

* **I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_declare that I travelled from\_\_\_\_\_\_\_\_\_\_\_to\_\_\_\_\_\_\_\_\_\_\_(dd/mm/yy) at\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(place) with a good health condition.**
* **我\_\_\_\_\_\_\_\_\_\_\_\_\_\_承诺我在出行期间从\_\_\_\_\_\_\_\_\_\_\_到\_\_\_\_\_\_\_\_\_\_\_(dd/mm/yy) 在\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(出行地) 身体健康一切正常。**

The following table is the health record for 14 consecutive days after returning to Shanghai:

以下表格是回到上海之后的连续14天健康记录：

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 日期 Date | | 体温记录 Temperature | | 健康情况 Health Condition | 活动轨迹 （具体到地级市行政区）Track of Activity (specific to prefecture-level city and administrative region) |
| 比如：31/03/2021 | | 上午 Morning | 下午Afternoon | （比如：良好 / 发热 / 呕吐 等）（For example: good / fever / vomiting etc.） | （比如：江苏苏州高新区 / 北京朝阳区）(For example: High-tech District, Suzhou, Jiangsu / Chaoyang District, Beijing) |
| 第一天 Day 1 |  |  |  |  |  |
| 第二天 Day 2 |  |  |  |  |  |
| 第三天 Day 3 |  |  |  |  |  |
| 第四天 Day 4 |  |  |  |  |  |
| 第五天 Day 5 |  |  |  |  |  |
| 第六天 Day 6 |  |  |  |  |  |
| 第七天 Day 7 |  |  |  |  |  |
| 第八天 Day 8 |  |  |  |  |  |
| 第九天 Day 9 |  |  |  |  |  |
| 第十天 Day 10 |  |  |  |  |  |
| 第十一天 Day11 |  |  |  |  |  |
| 第十二天 Day12 |  |  |  |  |  |
| 第十三天 Day13 |  |  |  |  |  |
| 第十四天 Day14 |  |  |  |  |  |