



## HEALTH CHECK SHEET (For Expectant Mother)

Take your body temperature every day. Since the temperature tends to rise after meals or after taking a bath, wait at least one hour before measuring your temperature. Check the box if you have any of the following symptoms. Please submit this sheet to OB/GYN counter or Delivery Room(3F) with MOTHER & CHILD HEALTH HANDBOOK.

NAME ( \_\_\_\_\_ ) Nov. 2020 Seibo Hospital OB/GYN

曜日/DOW	月(Mon)	火(Tue)	水(Wed)	木(Thu)	金(Fri)	土(Sat)	日(Sun)
日付/Date	/	/	/	/	/	/	/
体温/Temperature	°C	°C	°C	°C	°C	°C	°C
倦怠感/Fatigue							
咽頭痛/Sore throat							
咳/Cough							
臭覚障害/No smell							
味覚障害/No taste							
日付/Date	/	/	/	/	/	/	/
体温/Temperature	°C	°C	°C	°C	°C	°C	°C
倦怠感/Fatigue							
咽頭痛/Sore throat							
咳/Cough							
臭覚障害/No smell							
味覚障害/No taste							
日付/Date	/	/	/	/	/	/	/
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咽頭痛/Sore throat							
咳/Cough							
臭覚障害/No smell							
味覚障害/No taste							
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咽頭痛/Sore throat							
咳/Cough							
臭覚障害/No smell							
味覚障害/No taste							