

Self check list before coming to Ishigaki

1	Do you have fever above 37.5°C, and respiratory symptoms such as coughing?	No	Yes
2	Are you overworked or tired?	No	Yes
3	Do you sleep enough recently?	Enough	Not
4	Do you have a good appetite?	Yes	No
5	Bad physical condition caused by drinking alcohol?	No	Yes
6	Is there diarrhea or dehydration?	No	Yes
7	Is there any pain somewhere in your body?	No	Yes
8	Is there numbness in your hand or leg?	No	Yes
9	Are you dizzy?	No	Yes
10	Do you feel blockage in your nose, paranasal sinus or ears?	No	Yes
11	Do you have enough power to enjoy the sea?	Yes	No

Our requests to prevent the spread of COVID-19

12	Not COVID-19 infected or person in close contact with a COVID-19 infected patient?	No
13	Are there your family have respiratory symptoms such as fever and cough?	No
14	No contact with COVID-19 infected person or close contact with COVID-19 infected patient?	No
15	If it's found the shop staffs or guests who stayed at the same time are infected COVID-19, I provide my name, phone number, address to Yaeyama public health center.	Accept
16	If it's found out you are infected with COVID-19 within the last day of your use of the shop or within 3 days after you left Ishigaki, please tell us immediately.	Accept

To prevent the spread of COVID-19, please refrain from coming to Ishigaki if even one is applicable, or not accepted.

Please contact us if you are worried about the judgment.

If confirmed beforehand, please be sure to contact us if there is a change immediately before.

I hereby declare that the statement is true and correct.

Participant's Signature

Date

Signature of Parent or Guardian (where applicable)

Date