COVID-19 Infection Control Measures Checklist (for home use)

		Yes	No
Managing family health	Does each family member take their temperature and check their health every morning? (Check for symptoms such as a sore throat, a cough, a runny nose, diarrhea, fatigue, etc.)	☐	☐
	When a family member has a fever or is unwell, do you have a family doctor who can treat you?	☐	☐
	If you do not have a family doctor, do you know a medical center where you can receive medical tests, diagnosis and treatment?	☐	☐
	Do you have test kits, fever medicine, a thermometer, and daily necessities (e.g. food) prepared?	☐	☐
Managing hygiene, including hand washing, disinfection and ventilation	Do you wash your hands with soap, or use hand sanitizer when you get home? (Check that children are doing this too.)	☐	☐
	Do you wash or sanitize your hands after using the toilet and before eating?	☐	☐
	Do you ventilate indoor spaces at appropriate times? (E.g. by using extractor fans continuously or by leaving doors and windows open.)	☐	☐
Infection control measures when going out	Do you wear a mask in crowded places and in situations where the risk of infection is high?	☐	☐
	Do you take a short time when shopping?	☐	☐
	Do you eat out in small groups and for short periods of time?	☐	☐
	When out with children or elderly people, do you	☐	☐

	avoid crowds and being out for long periods of time?		
Infection control measures when a family member is unwell	When you have a fever or feel unwell, do you take time off work or school?	☐	☐
	When a family member is unwell, do you wear a mask when at home together?　(Except in cases where a mask cannot be worn due to disability or other reasons.)	☐	☐