**(帰省者兼用)自己管理表**　　　　　　　　　　　　　氏名：

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| 月 | 症状 | | | | | 当日の行動 | | | | |
| 体温 | | 咳 | 倦怠感 | その他 | 自宅 | マスク | 外出先 | マスク | 外出内容・備考 |
| 朝 | 晩 |
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