Laboratory Staff Health Monitoring Record

Laboratorio de Genómica Viral y Humana BSL-3, Facultad de Medicina UASLP

Last updated Oct 06, 2025 v9

Personal information

Mark answer with ■

Name: Date: dd/mmm/yyyy

Physician: Age: ☐ Male ☐ Female

Phlebotomist: Date of birth: dd/mmm/yyyy

Post: ☐ Researcher ☐ Administrative ☐ Student ☐ Technician ☐ Janitorial Date started: dd/mmm/yyyy

Authorizations: ☐ Admin ☐ BSL-2 ☐ BSL-2+ ☐ BSL-3 ☐ BSL-3+ Serum sampled: dd/mmm/yyyy

Has signed: ☐ Baseline serum informed consent ☐ CAR ☐ Key /PIN Issuance ☐ NDA ☐ Biobank

Emergency contact : Mobile: 10 digit

Family history

Mark answer with ■ and circle the applicable disorder

	Mat. grandmother	Mat. grandfather	Pat. grandmother	Pat. grandfather	Father	Mother	Siblings	Offspring	None	
Cardiovascular	☐	☐	☐	☐	☐	☐	☐	☐	☐	Hypertension, Coronary artery disease or Angina, Myocardial infarction, Congestive heart failure, Arrhythmia, Stroke, Valvular heart disease, Endo or pericarditis, Deep vein thrombosis. Other:_____
Neurological	☐	☐	☐	☐	☐	☐	☐	☐	☐	Stroke, Epilepsy, Migraine, Parkinson's disease, Alzheimer's disease, Amyotrophic lateral sclerosis, Meningitis, Encephalitis, Brain tumor, Huntington's disease, Myasthenia gravis, Bell's or Cerebral palsy. Other:_____
Respiratory	☐	☐	☐	☐	☐	☐	☐	☐	☐	Asthma, Chronic obstructive pulmonary disease, Emphysema, Chronic bronchitis, Tuberculosis, Pulmonary embolism, Lung cancer, Cystic fibrosis. Other:_____
Gastrointestinal	☐	☐	☐	☐	☐	☐	☐	☐	☐	Gastroesophageal reflux disease, Peptic ulcer disease, Irritable or inflammatory bowel syndrome, Crohn's disease, Ulcerative colitis, Celiac disease, Gallstones, Hepatitis, Cirrhosis, Pancreatitis, Diverticulitis, GI cancer. Other:_____
Endocrine	☐	☐	☐	☐	☐	☐	☐	☐	☐	Diabetes mellitus or insipidus, Hypo or hyper-thyroidism, Addison's disease, Cushing's syndrome, Polycystic ovary syndrome, Hypo or hyper-parathyroidism, Pheochromocytoma, Graves' disease, Hashimoto's thyroiditis, Thyroid nodules or cancer. Other:_____
Musculoskeletal	☐	☐	☐	☐	☐	☐	☐	☐	☐	Osteoarthritis, Arthritis, Osteoporosis, Gout, Fibromyalgia, Carpal tunnel syndrome, Lower back pain, Sciatica, Herniated disc, Ankylosing spondylitis. Other:_____
Autoimmune	☐	☐	☐	☐	☐	☐	☐	☐	☐	Rheumatoid arthritis, Systemic lupus erythematosus, Type 1 diabetes mellitus, Multiple sclerosis, Psoriasis, Sjögren's syndrome, Scleroderma, Vitiligo, Polymyositis, Dermatomyositis. Other:_____
Renal	☐	☐	☐	☐	☐	☐	☐	☐	☐	Acute or chronic kidney disease, Glomerulonephritis, Nephrotic syndrome, Polycystic kidney disease, Nephrolithiasis, Diabetic or Hypertensive nephropathy, Renal tubular acidosis, Renal tumor. Other:_____
Psychiatric	☐	☐	☐	☐	☐	☐	☐	☐	☐	Depression, Generalized anxiety disorder, Borderline or Bipolar disorder, Schizophrenia, Obsessive-compulsive disorder, Post-traumatic stress disorder, Social anxiety disorder, Attention-deficit/hyperactivity disorder, Autism spectrum disorder, Eating disorders, Insomnia. Other:_____

Laboratory Staff Health Monitoring Record

Laboratorio de Genómica Viral y Humana BSL-3, Facultad de Medicina UASLP

Last updated Oct 06, 2025 v9

Non-pathological history

Mark answer with ■

Daily meal courses: # ☐ Animal protein ☐ Vegetables ☐ Fruits ☐ Grains ☐ Dairy ☐ Healthy fats

Weekly hours of exercise: # ☐ Aerobic (cardio) ☐ Strength ☐ Flexibility ☐ High-intensity interval ☐ Endurance

Daily hours of sleep: # Do you have a consistent sleep schedule? ☐ Yes ☐ No

Tobacco (cigarettes/week): # Alcohol (units/week): # ☐ Vape ☐ Other:

Have you traveled recently or frequently to other regions or countries? ☐ No. If yes, where:

Who do you live with: ☐ Parents ☐ Romantic partner ☐ Friends ☐ Other family ☐ Alone

Gyneco-obstetric history

Mark answer with ■

G # P # C # A # Menarche: age Cycle length: dd Duration: dd ☐ Regular ☐ Irregular

Current pregnancy? ☐ No ☐ Yes ⇨ Gestational age: wks

Pre-menstrual syndrome: ☐ No ☐ Yes Last menstrual period: dd/mmm/yyyy Sexual debut: age

Have you ever been diagnosed with a gynecologic condition? (e.g., Polycystic ovaries, endometriosis, miomas): ☐ No ☐ Yes

Contraception: ☐ No ☐ Yes ⇨ ☐ Oral ☐ Implant ☐ Patches ☐ Injections ☐ IUD ☐ Barrier ☐ Surgical

Occupational history and security clearence

Mark answer with ■

Previously worked in: BSL- # ☐ Academy ☐ Industry ☐ Governent ☐ Hospital

Previous workplace:

Name of employer:

Employer's contact phone number: ☐ Opted out of reference follow-up

Previous employer referred any of the following:

☐ Disrespectful behavior ☐ Tardiness or absenteeism ☐ Emotional lability ☐ Dishonesty

☐ Lack of discipline ☐ Lack of compliance ☐ Low hygiene or self-care ☐ Disturbing team dynamics

	No	Yes
Have you ever used any other legal names or aliases?	☐	☐
Are you legally authorized to work in this country?	☐	☐
Are there any legal or regulatory restrictions that would prevent you from working in a national strategic facility?	☐	☐
Do you hold any dual citizenships?	☐	☐
Have you ever been convicted of a criminal offense?	☐	☐
Are you currently involved in any legal proceedings or under investigation?	☐	☐
Have you ever been terminated or asked to resign from a previous position?	☐	☐
Have you ever been subject to disciplinary action for misconduct, dishonesty, or breach of confidentiality?	☐	☐
Do you use any substances (prescribed or otherwise) that may affect your ability to perform laboratory duties?	☐	☐
Are you under treatment for any condition that may impact your ability to comply with safety / security protocols?	☐	☐
Have you ever experienced severe financial hardship?	☐	☐
Do you have contact with foreign entities, institutions, or governments interested in your work?	☐	☐
Have you held positions of trust (e.g., access to sensitive data, high-containment labs) before?	☐	☐
Are you willing to undergo background checks and/or security clearance procedures if required?	☐	☐

Personal pathological history

Mark answer with ■

	Date diagnosed	Tx	
Cardiovascular	mmm/yyyy		Hypertension, Coronary artery disease or Angina, Myocardial infarction, Congestive heart failure, Arrhythmia, Stroke, Valvular heart disease, Endo or pericarditis, Deep vein thrombosis. Other:_____
Neurological	mmm/yyyy		Stroke, Epilepsy, Migraine, Parkinson's disease, Alzheimer's disease, Amyotrophic lateral sclerosis, Meningitis, Encephalitis, Brain tumor, Huntington's disease, Myasthenia gravis, Bell's or Cerebral palsy. Other:_____
Respiratory	mmm/yyyy		Asthma, Chronic obstructive pulmonary disease, Emphysema, Chronic bronchitis, Tuberculosis, Pulmonary embolism, Lung cancer, Cystic fibrosis. Other:_____
Gastrointestinal	mmm/yyyy		Gastroesophageal reflux disease, Peptic ulcer disease, Irritable or inflammatory bowel syndrome, Crohn's disease, Ulcerative colitis, Celiac disease, Gallstones, Hepatitis, Cirrhosis, Pancreatitis, Diverticulitis, GI cancer. Other:_____
Endocrine	mmm/yyyy		Diabetes mellitus or insipidus, Hypo or hyper-thyroidism, Addison's disease, Cushing's syndrome, Polycystic ovary syndrome, Hypo or hyper-parathyroidism, Pheochromocytoma, Graves' disease, Hashimoto's thyroiditis, Thyroid nodules or cancer. Other:_____
Musculoskeletal	mmm/yyyy		Osteoarthritis, Arthritis, Osteoporosis, Gout, Fibromyalgia, Carpal tunnel syndrome, Lower back pain, Sciatica, Herniated disc, Ankylosing spondylitis. Other:_____
Autoimmune	mmm/yyyy		Rheumatoid arthritis, Systemic lupus erythematosus, Type 1 diabetes mellitus, Multiple sclerosis, Psoriasis, Sjögren's syndrome, Scleroderma, Vitiligo, Polymyositis, Dermatomyositis. Other:_____
Renal	mmm/yyyy		Acute or chronic kidney disease, Glomerulonephritis, Nephrotic syndrome, Polycystic kidney disease, Nephrolithiasis, Diabetic or Hypertensive nephropathy, Renal tubular acidosis, Renal tumor. Other:_____
Psychiatric	mmm/yyyy		Depression, Generalized anxiety disorder, Borderline or Bipolar disorder, Schizophrenia, Obsessive-compulsive disorder, Post-traumatic stress disorder, Social anxiety disorder, Attention-deficit/hyperactivity disorder, Autism spectrum disorder, Eating disorders, Insomnia. Other:_____
Surgical	mmm/yyyy		Appendectomy, Cholecystectomy, Hernia repair, C-section, Hysterectomy, Mastectomy, Thyroidectomy, Tonsillectomy, Adenoidectomy, Joint replacement, Spinal surgery, Bowel resection, Coronary artery bypass graft, Angioplasty, Kidney or liver transplant, Splenectomy, Cataract surgery, Sinus surgery. Other:_____
Hospitalizations	mmm/yyyy		Severe infection, Pneumonia, Asthma exacerbation, COPD exacerbation, Diabetic ketoacidosis, Hypoglycemia, Myocardial infarction, Stroke, Seizure, Head injury, Surgery recovery, Childbirth, Mental health crisis, Kidney stones, Acute abdominal pain, Gastroenteritis with dehydration, Allergic reaction, Blood transfusion, Trauma or accident, Cancer treatment. Other:_____
Transfusions	mmm/yyyy		Red blood cell transfusion, Platelet transfusion, Plasma transfusion, Cryoprecipitate transfusion, Whole blood transfusion, Autologous blood transfusion, Granulocyte transfusion, Stem cell transplant (hematopoietic), Immunoglobulin infusion, other.
Trauma	mmm/yyyy		Head injury, Concussion, Traumatic brain injury, Facial trauma, Spinal cord injury, Fractures, Dislocations, Soft tissue injury, Lacerations, Burn injury, Crush injury, Eye trauma, Dental trauma, Chest trauma, Abdominal trauma, Pelvic trauma, Limb amputation, Penetrating injury, Blunt force trauma, Occupational injury, Vehicle accident, Recreational accident, gun-shot wound, other.
Allergies	mmm/yyyy		Drug allergy, Food allergy, Latex allergy, Insect sting allergy, Environmental allergy, Seasonal allergy, Mold allergy, Animal dander allergy, Dust mite allergy, Pollen allergy, Chemical sensitivity, Fragrance allergy, Metal allergy (e.g., nickel), Vaccine allergy, Contrast dye allergy, other. TREATMENT:_____

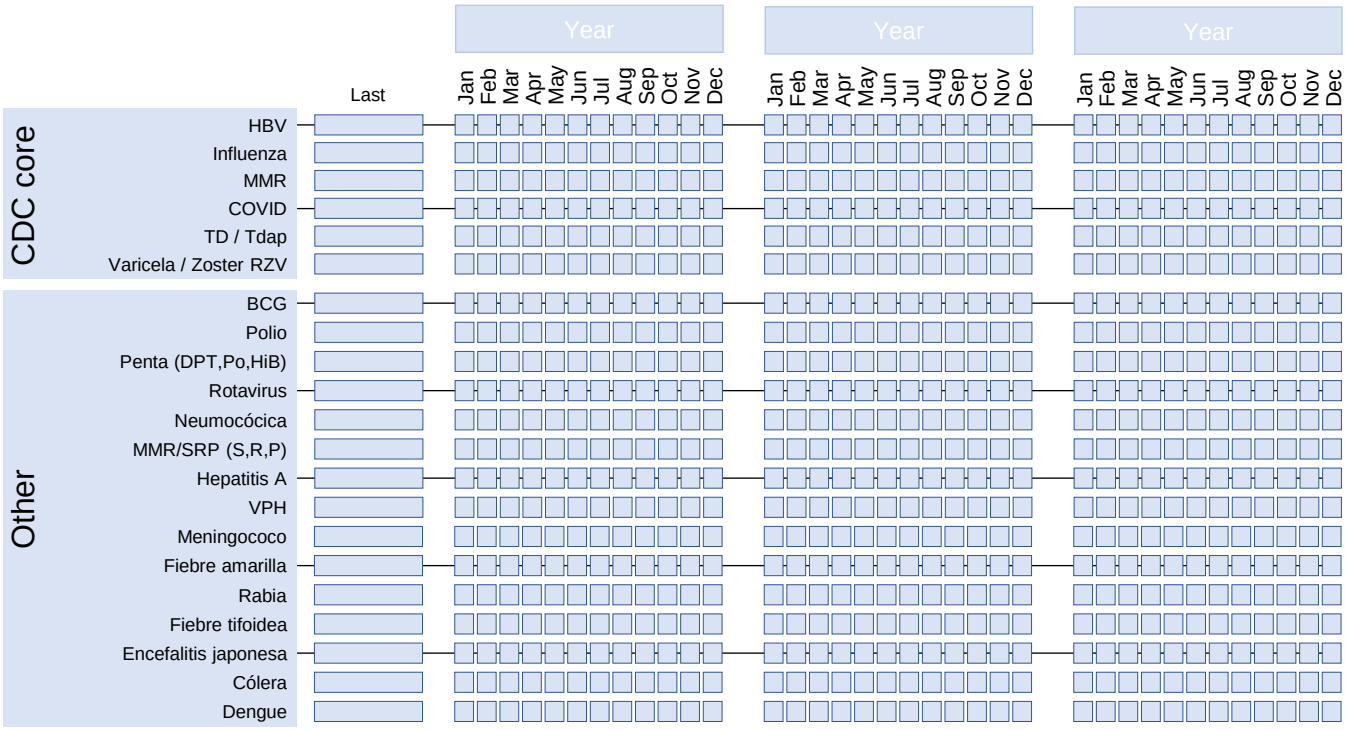
Laboratory Staff Health Monitoring Record

Laboratorio de Genómica Viral y Humana BSL-3, Facultad de Medicina UASLP

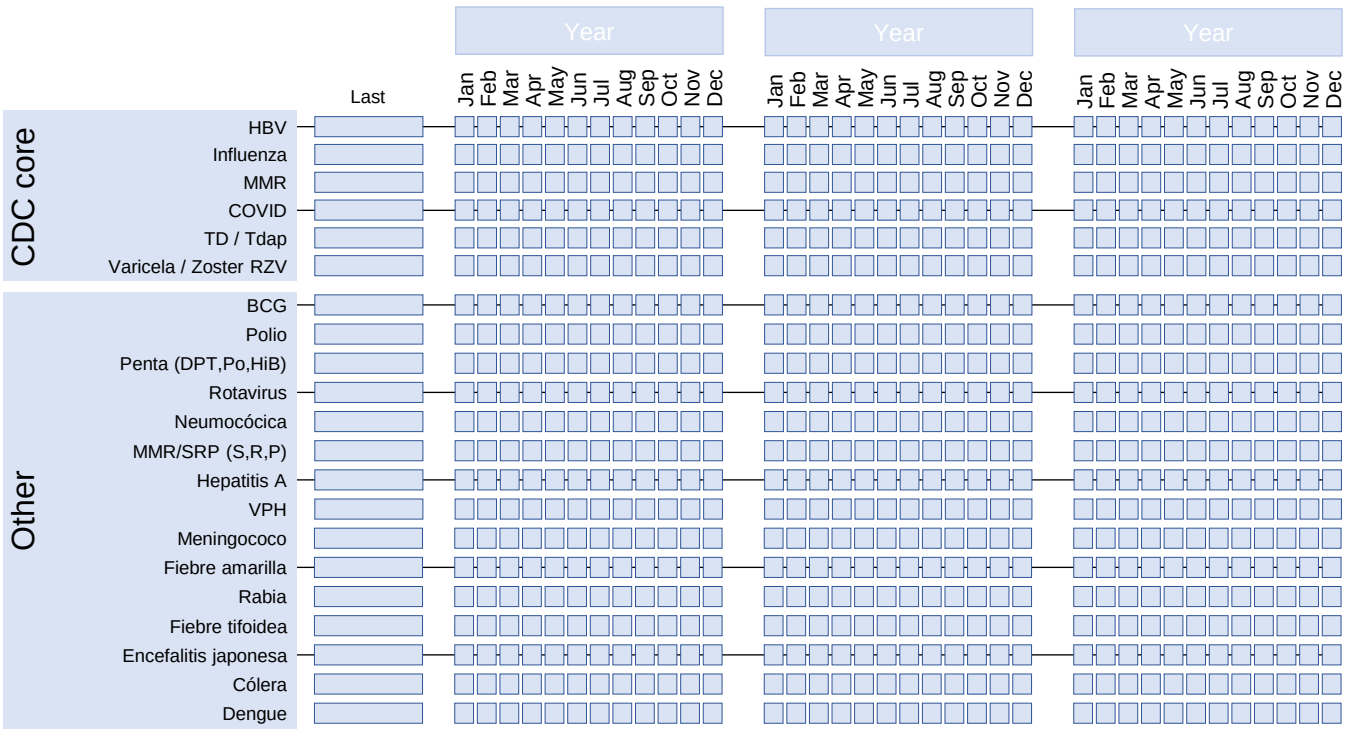
Last updated Oct 06, 2025 v9

Immunization history

Mark the date of vaccine administration with ■



Notes:



Notes:

Laboratory Staff Health Monitoring Record

Laboratorio de Genómica Viral y Humana BSL-3, Facultad de Medicina UASLP

Last updated Oct 06, 2025 v9

year

Medical follow-up

Use ■ to indicate if present, ☒ if not and ☑ if physical examination is ok.

Medical conditions

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Febrile illness												
Respiratory tract infection												
Gastrointestinal infection												
Cardiovascular symptoms												
Skin rash, exanthema, insect bites, lesions												
Hemorrhagic manifestations												
Central nervous system symptoms												
Retro-orbital pain or conjunctivitis												
Lymphadenopathy												

Exposure risks

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Participation in research field work												
Arthropod bites during research field work												
Handling of small mammals												
Participation in human sampling												
Needle-stick or sharps injuries												
Laboratory accidents or spills												
Personal protective equipment breach												

Habits

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Bouts of anxiety or depression												
Alcohol or substance abuse												
Workplace or domestic conflict												
Interpersonal relationship problems												
Dietary habits (G, M, B)												
Exercise quantity and quality (G, M, B)												
Sleep quantity and quality (G, M, B)												
Study and work discipline (G, M, B)												

Physical

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Mucous membranes												
Ears, nose and throat												
Pupillary reflexes												
Cervical lymph node paplpation												
Cardiopulmonary auscultation												
Skin integrity & hand hygiene												
Capillary refill												

Adherence

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Vaccination status												
Security clearence												
Protocol adherence												
Lab logbook												
Digital backup												

Training

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Handwashing												
N95 respirator use												
PAPR use												
BSL-3 donning/doffing												
Biosafety course												
BSL-3 Ops												
BSC work												
Spill management												

Physician

	Name	Signature
Jan		
Feb		
Mar		
Apr		
May		
Jun		
Jul		
Aug		
Sep		
Oct		
Nov		
Dec		

Additional

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Labs requested												
Notes included												

Vitals

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Blood pressure												
Body temperature												
Respiratory rate												
Heart rate												
% SpO_2												

Laboratory Staff Health Monitoring Record

Laboratorio de Genómica Viral y Humana BSL-3, Facultad de Medicina UASLP

Last updated Oct 06, 2025 v9

year

Medical follow-up

Use ■ to indicate if present, ☒ if not and ☑ if physical examination is ok.

Medical conditions

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Febrile illness												
Respiratory tract infection												
Gastrointestinal infection												
Cardiovascular symptoms												
Skin rash, exanthema, insect bites, lesions												
Hemorrhagic manifestations												
Central nervous system symptoms												
Retro-orbital pain or conjunctivitis												
Lymphadenopathy												

Exposure risks

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Participation in research field work												
Arthropod bites during research field work												
Handling of small mammals												
Participation in human sampling												
Needle-stick or sharps injuries												
Laboratory accidents or spills												
Personal protective equipment breach												

Habits

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Bouts of anxiety or depression												
Alcohol or substance abuse												
Workplace or domestic conflict												
Interpersonal relationship problems												
Dietary habits (G, M, B)												
Exercise quantity and quality (G, M, B)												
Sleep quantity and quality (G, M, B)												
Study and work discipline (G, M, B)												

Physical

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Mucous membranes												
Ears, nose and throat												
Pupillary reflexes												
Cervical lymph node paplpation												
Cardiopulmonary auscultation												
Skin integrity & hand hygiene												
Capillary refill												

Adherence

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Vaccination status												
Security clearence												
Protocol adherence												
Lab logbook												
Digital backup												

Training

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Handwashing												
N95 respirator use												
PAPR use												
BSL-3 donning/doffing												
Biosafety course												
BSL-3 Ops												
BSC work												
Spill management												

Physician

	Name	Signature
Jan		
Feb		
Mar		
Apr		
May		
Jun		
Jul		
Aug		
Sep		
Oct		
Nov		
Dec		

Additional

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Labs requested												
Notes included												

Vitals

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Blood pressure												
Body temperature												
Respiratory rate												
Heart rate												
% SpO_2												

Laboratory Staff Health Monitoring Record

Laboratorio de Genómica Viral y Humana BSL-3, Facultad de Medicina UASLP

Last updated Oct 06, 2025 v9

year

Medical follow-up

Use ■ to indicate if present, ☒ if not and ☑ if physical examination is ok.

Medical conditions

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Febrile illness												
Respiratory tract infection												
Gastrointestinal infection												
Cardiovascular symptoms												
Skin rash, exanthema, insect bites, lesions												
Hemorrhagic manifestations												
Central nervous system symptoms												
Retro-orbital pain or conjunctivitis												
Lymphadenopathy												

Exposure risks

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Participation in research field work												
Arthropod bites during research field work												
Handling of small mammals												
Participation in human sampling												
Needle-stick or sharps injuries												
Laboratory accidents or spills												
Personal protective equipment breach												

Habits

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Bouts of anxiety or depression												
Alcohol or substance abuse												
Workplace or domestic conflict												
Interpersonal relationship problems												
Dietary habits (G, M, B)												
Exercise quantity and quality (G, M, B)												
Sleep quantity and quality (G, M, B)												
Study and work discipline (G, M, B)												

Physical

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Mucous membranes												
Ears, nose and throat												
Pupillary reflexes												
Cervical lymph node paplpation												
Cardiopulmonary auscultation												
Skin integrity & hand hygiene												
Capillary refill												

Adherence

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Vaccination status												
Security clearence												
Protocol adherence												
Lab logbook												
Digital backup												

Training

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Handwashing												
N95 respirator use												
PAPR use												
BSL-3 donning/doffing												
Biosafety course												
BSL-3 Ops												
BSC work												
Spill management												

Physician

	Name	Signature
Jan		
Feb		
Mar		
Apr		
May		
Jun		
Jul		
Aug		
Sep		
Oct		
Nov		
Dec		

Additional

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Labs requested												
Notes included												

Vitals

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Blood pressure												
Body temperature												
Respiratory rate												
Heart rate												
% SpO_2												

Laboratory Staff Health Monitoring Record

Laboratorio de Genómica Viral y Humana BSL-3, Facultad de Medicina UASLP

Last updated Oct 06, 2025 v9

year

Medical follow-up

Use ■ to indicate if present, ☒ if not and ☑ if physical examination is ok.

Medical conditions

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Febrile illness												
Respiratory tract infection												
Gastrointestinal infection												
Cardiovascular symptoms												
Skin rash, exanthema, insect bites, lesions												
Hemorrhagic manifestations												
Central nervous system symptoms												
Retro-orbital pain or conjunctivitis												
Lymphadenopathy												

Exposure risks

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Participation in research field work												
Arthropod bites during research field work												
Handling of small mammals												
Participation in human sampling												
Needle-stick or sharps injuries												
Laboratory accidents or spills												
Personal protective equipment breach												

Habits

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Bouts of anxiety or depression												
Alcohol or substance abuse												
Workplace or domestic conflict												
Interpersonal relationship problems												
Dietary habits (G, M, B)												
Exercise quantity and quality (G, M, B)												
Sleep quantity and quality (G, M, B)												
Study and work discipline (G, M, B)												

Physical

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Mucous membranes												
Ears, nose and throat												
Pupillary reflexes												
Cervical lymph node paplpation												
Cardiopulmonary auscultation												
Skin integrity & hand hygiene												
Capillary refill												

Adherence

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Vaccination status												
Security clearence												
Protocol adherence												
Lab logbook												
Digital backup												

Training

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Handwashing												
N95 respirator use												
PAPR use												
BSL-3 donning/doffing												
Biosafety course												
BSL-3 Ops												
BSC work												
Spill management												

Physician

	Name	Signature
Jan		
Feb		
Mar		
Apr		
May		
Jun		
Jul		
Aug		
Sep		
Oct		
Nov		
Dec		

Additional

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Labs requested												
Notes included												

Vitals

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Blood pressure												
Body temperature												
Respiratory rate												
Heart rate												
% SpO_2												

Medical notes

dd/mmm/yyyy

dd/mmm/yyyy

dd/mmm/yyyy

dd/mmm/yyyy

Medical notes

dd/mmm/yyyy

dd/mmm/yyyy

dd/mmm/yyyy

dd/mmm/yyyy

Medical notes

dd/mmm/yyyy

dd/mmm/yyyy

dd/mmm/yyyy

dd/mmm/yyyy