DOSAGE BLANKS—for giving medicines to those who cannot read (see p. 64)

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PATIENT REPORT

TO USE WHEN SENDING FOR MEDICAL HELP

Name of the sick person: ____________________________________________ Age: _____
Male ______ Female ______ Where is he (she)? __________________________
What is the main sickness or problem right now? __________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
When did it begin? ____________________________________________________
How did it begin? _____________________________________________________
Has the person had the same problem before? _______ When? _______________
Is there fever? _______ How high? _______ ° When and for how long? ___________

What is wrong or different from usual in any of the following?

Skin: ________________________ Ears: ______________________________

Eyes: ________________________ Mouth and throat: ______________________

Genitals: ______________________

Urine: Much or little? _________ Color? __________ Trouble urinating? ______
Describe: ______________________ Times in 24 hours: ______ Times at night: ___

Stools: Color? __________ Blood or mucus? __________ Diarrhea? ______
Number of times a day: _______ Cramps? _______ Dehydration? _______ Mild or severe? __________ Worms? _______ What kind? _________________________

Breathing: Breaths per minute: _________ Deep, shallow, or normal? _________
Difficulty breathing (describe): ___________________________ Cough (describe): ______
______________________________ Wheezing? _______ Mucus? _______ With blood? ______

Does the person have any of the SIGNS OF DANGEROUS ILLNESS listed on page 42? ________ Which? (give details) ________________________________

Other signs: __________________________________________________________

Is the person taking medicine? _______ What? __________________________
Has the person ever used medicine that has caused a rash, hives (or bumps)
with itching, or other allergic reactions? _______ What? _______________________
The state of the sick person is: Not very serious: _____________ Serious: ______
Very serious: ________________

On the back of this form write any other information you think may be important.
PATIENT REPORT
TO USE WHEN SENDING FOR MEDICAL HELP

Name of the sick person: ___________________________ Age: ___
Male ______ Female ______ Where is he (she)? _______________________
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PATIENT REPORT
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How to Use This Book

When you get this book:
Read the list of CONTENTS at the beginning. This tells what each chapter is about and gives the page numbers for the different subjects discussed.

To look up an illness or other health subject:
1. Look in the YELLOW PAGES at the end of the book. This is an INDEX that lists, in the order of the alphabet, all the subjects in this book. Also, if you look up a particular problem, it refers you to the possible causes (for example, look up “itching”). If you cannot find what you want, look for it under another name. Or...
2. Check the list of CONTENTS. When you find what you want, turn to the pages shown.

If you do not understand the meaning of some of the words in this book:
Look for the word in the VOCABULARY section beginning on page 419 in the back of the book. Words explained in the Vocabulary are written in *italics* the first time they are used in a chapter.

Before using any medicine:
Always look at the GREEN PAGES for information on uses, dosage, risks, and precautions. A LIST OF MEDICINES and an INDEX OF MEDICINES can be found near the beginning of the GREEN PAGES.

To be ready for emergencies:
1. Keep a Medicine Kit like the ones recommended in Chapter 23 handy in the house or in the village.
2. Study this book before it is needed, especially Chapter 10, FIRST AID, and Chapter 4, HOW TO CARE FOR A SICK PERSON.

To help keep your family in good health:
Carefully study Chapter 11, on NUTRITION, and Chapter 12, on PREVENTION, and pay attention to the guidelines and precautions.

To improve health in your community:
Organize a meeting of your neighbors, to study this book and discuss local health problems. Or ask a teacher to give classes to the children and adults, using the book. You will find many useful suggestions in the brown pages, WORDS TO THE VILLAGE HEALTH WORKER, in the first part of this book.