Pain and Symptom Journal

Plain Lab

This book

Pain and Symptom Journal

FORMAT	**148 x 210 mm**	RULING	**lined**
PAGES	**120**	BINDING	**20-page signatures**

IF FOUND, PLEASE RETURN TO

NAME _____

PHONE _____

EMAIL _____

ADDRESS _____

REWARD OFFERED _____

IN AN EMERGENCY, CONTACT

NAME _____

RELATIONSHIP _____

PHONE _____

SECOND CONTACT _____

THEIR PHONE _____

THIS BOOK COVERS

FROM _____

TO _____

VOLUME _____

NOTES FOR A FINDER

My details

WHO I AM

NAME

DATE OF BIRTH

HOME ADDRESS

LANGUAGES I SPEAK

MEDICAL, FOR WHOEVER FINDS ME

BLOOD TYPE

MEDICATION AND DOSE

ALLERGIES

ORGAN DONOR

CONDITIONS

LAST TETANUS

WHO TO CALL

NEXT OF KIN

NEXT OF KIN ABROAD

THEIR PHONE

THEIR PHONE

DOCTOR

DOCTOR PHONE

PAPERS AND COVER

PASSPORT NO.

EMBASSY

EXPIRES

STAYING AT

INSURER

POLICY NO.

IF MY THINGS ARE LOST OR STOLEN

BANK TO CALL

PHONE IMEI

CARD ENDING

VEHICLE OR PLATE

ANYTHING ELSE THEY SHOULD KNOW

Emergency

INDONESIA

112

NATIONAL EMERGENCY LINE

IF YOU CANNOT SPEAK THE LANGUAGE, SAY THESE IN ORDER

1. Where you are. Street, town, any sign you can see.
2. What happened.
3. How many people are hurt.
4. Stay on the line. Do not hang up first.

Australia	**000 106 112**	Bangladesh	**999**
Brazil	**188 190 192 193**	Brunei	**991 993 995**
Cambodia	**117 118 119**	Canada	**911**
Colombia	**123**	Czech Republic	**112 150 155 156**
Denmark	**112**	Egypt	**122 123 180**
France	**112 114 15 17**	Germany	**110 112**
Greece	**100 112 166 199**	Hong Kong	**999**
Italy	**112 113 115 118**	Japan	**110 118 119**
Kenya	**112 999**	Laos	**190 191 195**
Malaysia	**999**	Mexico	**911**
Morocco	**112 15 177 19**	Myanmar	**191 192 199**
Nepal	**100 101 102**	New Zealand	**111**
Norway	**110 112 113**	Pakistan	**1122 15 16**
People's Republic of China	**110 119 120**	Qatar	**112 999**
Singapore	**995 999**	South Africa	**112**
Spain	**061 091 112**	Sri Lanka	**110 119**
Sweden	**112**	Switzerland	**112 117 118 140**
Thailand	**1669 191 199**	Timor-Leste	**112**
United Kingdom	**112 999**	United States	**911**
Vietnam	**113 114 115**		

Verify locally on arrival. Numbers change and a book does not. Every number below is listed by TWO independent sources: Wikidata P2852 (CC0); en.wikipedia List of emergency telephone numbers. 14 countries where the two disagreed are deliberately omitted rather than printed uncertain.

Point at this

POINT AT THE PICTURE. ENGLISH ABOVE, INDONESIAN BELOW.

Help
Tolong

Doctor
Dokter

Hospital
Rumah sakit

Police
Polisi

Pharmacy
Apotek

Water
Air

Food
Makanan

Toilet
Toilet

Money
Uang

Phone
Telepon

Bus
Bus

Train
Kereta

Airport
Bandara

Hotel
Penginapan

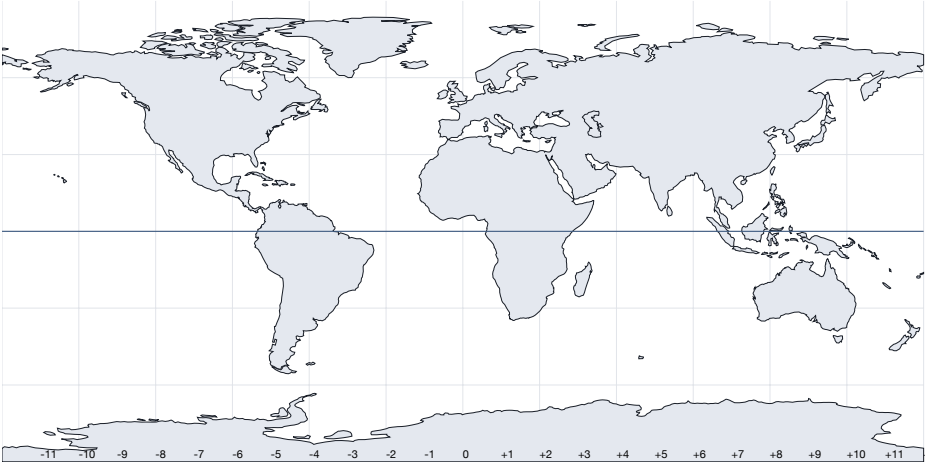
Fuel
Bensin

Mechanic
Bengkel

I am lost
Saya tersesat

I do not speak this
Saya tidak bisa bahasa ini

World



Bold line: equator. Dashed: tropics (23.44°). Figures along the foot: nominal UTC offset for that meridian. Political time zones deviate from it.

WHERE I AM

WHERE I AM GOING

WHO KNOWS WHERE I AM

For orientation and for pointing at. Not a navigation chart. Source: Natural Earth 110m land (ne_110m_land). PUBLIC DOMAIN. Projection: equirectangular (plate carree).

Conversions

LENGTH

1 in = 25.4 mm, exact

MM	IN	FRACTION IN	MM
1	0.039	1/16	1.59
2	0.079	2/16	3.17
3	0.118	4/16	6.35
5	0.197	6/16	9.52
10	0.394	8/16	12.7
20	0.787	10/16	15.88
25	0.984	12/16	19.05
50	1.969	14/16	22.22
100	3.937	16/16	25.4
150	5.906		
200	7.874		
250	9.843		
300	11.811		
500	19.685		
1,000	39.37		

TEMPERATURE

F = C x 9/5 + 32

°C	°F	°C	°F
-20	-4	80	176
-10	14	90	194
0	32	100	212
10	50	110	230
20	68	120	248
30	86	130	266
40	104	140	284
50	122	150	302
60	140	160	320
70	158	170	338
80	176	180	356
90	194	190	374

MASS

1 lb = 0.45359237 kg, exact

KG	LB	G	OZ
1	2.2	10	0.35
2	4.41	20	0.71
3	6.61	30	1.06
5	11.02	50	1.76
10	22.05	100	3.53
20	44.09	200	7.05
25	55.12	250	8.82
50	110.23	500	17.64
75	165.35	750	26.46
100	220.46	1000	35.27

DAYS

84 PAGES, 9 TO 92

Day

DATE _____

LEVEL

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WHERE, AND WHAT IT FELT LIKE

BEFORE IT STARTED

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TIME	TAKEN	EFFECT

REVIEW

6 PAGES, 94 TO 99

Review

WHAT GOT DONE

WHAT WENT WELL

WHAT WENT WRONG

THE FIX

NEXT STEP

Review

WHAT GOT DONE

WHAT WENT WELL

WHAT WENT WRONG

THE FIX

NEXT STEP

Review

WHAT GOT DONE

WHAT WENT WELL

WHAT WENT WRONG

THE FIX

NEXT STEP

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WHAT GOT DONE

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WHAT WENT WELL

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THE FIX

NEXT STEP

Review

WHAT GOT DONE

WHAT WENT WELL

WHAT WENT WRONG

THE FIX

NEXT STEP

NOTES

9 PAGES, 101 TO 109

Notes

Notes

Notes

Notes

Notes

Notes

Notes

Notes

Pen test

Try a nib here before you trust it to a page you care about.

PEN	INK	SWATCH

RULING	**lined, 9.2 mm**	ROWS PER PAGE	**18**
COLUMNS	**1**		

Notes

Notes

Notes

Notes

Notes

Notes

Notes

Notes

Notes

Notes

Notes

HIBRKRAFT'S PLAIN LAB

Pain and Symptom Journal

One page a day for what you noticed and when, written in your own words for the appointment where memory alone is not enough.

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