症状・病状説明のための指さしシート

Page for pointing to symptoms and their descriptions.

How to use this page.

このシートの利用方法 病状と、その程度を示して伝えます。

Describe your condition and its severity.

〈例〉







かなり辛い Very severe



頭が痛い I have a headache



熱がある I have a fever.



めまいがする I feel dizzy.



腹が痛い

I have a pain in my abdomen.

胃が痛い

I have a stomachache.

下痢

I have diarrhea.



眼が痛い My eve hurts.

見えない・見えにくい I cannot see well.

眼のかゆみ

My eyes are itchy.



喉が痛い I have a sore throat.

声が出ない I have lost my voice.

たんが出る I cough up phlegm. I have a cough.

しせきが出る



且が痛い My ear hurts.

聞こえない I cannot hear well.

耳鳴り My ears are ringing.



口の中が痛い My mouth hurts. 舌が痛い

My tongue hurts.

味がわからない My taste is dull.



歯が痛い I have a toothache

歯茎が痛い

My gums hurt.



首が回らない My neck is stiff.

首が痛い My neck hurts.

首が腫れている My neck is swollen.

腰が痛い My lower back hurts.

●下肢にしびれがある My legs are numb.



膝が痛い My knee hurts. 曲げられない I cannot bend my knees.

歩けない I cannot walk.

痛みや症状の程度を示します

Please indicate the severity of your pain or symptoms.



我慢できる



かなり辛い

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Tolerable Very severe



鼻水が出る I have a runny nose.

鼻血が出る I have a nosebleed. くしゃみ

I am sneezing.



息苦しい I have difficulty breathing.

ヒューヒューする I am wheezing (lightly).

ゼーゼーする I am wheezing (heavily).





胸が痛い My chest hurts.

動悸がする I am having chest palpitations.

脈が乱れる My pulse is irregular.



かぶれた I have a rash (in one place).

発疹がでた I have a rash (all over).

かゆみがひどい I am very itchy.

じんましん I have hives



I have vaginal bleeding. 膣から水が出た

I am leaking water.

赤ちゃんについて 気になることがある I worry about the baby.



不正出血

I am having irregular bleeding.

腹が痛い

I have a pain in my abdomen.



泣き続けている My baby won't stop crying.

●吐いた My baby threw up.

熱がある

My baby has a fever.

食事をしない My baby won't eat.

元気がない

My baby is listless.



血尿がでた There is blood in my urine.

排尿困難

I have difficulty urinating. 頻尿

I have to urinate frequently.

排尿時に痛みがある Urinating is painful.







●ケガをした I injured myself.

交诵事故 I was in a traffic accident.

ころんだ I fell down.

あたった I bumped against something.

落ちた I fell.

切った I cut myself.

刺さった I pricked myself.

やけどをした I burned myself.

虫に刺された

I was stung/bitten by an insect.