

症状・病状説明のための指さしシート

Page for pointing to symptoms and their descriptions.

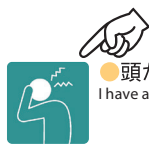
このシートの利用方法

How to use this page.

病状と、その程度を示して伝えます。

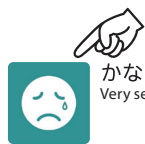
Describe your condition and its severity.

〈例〉



● 頭が痛い
I have a headache.

+



● かなり辛い
Very severe



● 頭が痛い
I have a headache.



● 耳が痛い
My ear hurts.
● 聞こえない
I cannot hear well.
● 耳鳴り
My ears are ringing.



● 熱がある
I have a fever.



● 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.



● めまいがする
I feel dizzy.



● 歯が痛い
I have a toothache.
● 歯茎が痛い
My gums hurt.



● 腹が痛い
I have a pain in my abdomen.
● 胃が痛い
I have a stomachache.
● 下痢
I have diarrhea.



● 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.



● 眼が痛い
My eye hurts.
● 見えない・見えにくい
I cannot see well.
● 眼のかゆみ
My eyes are itchy.



● 腰が痛い
My lower back hurts.
● 下肢にしびれがある
My legs are numb.



● 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.

● せきが出る
I have a cough.



● 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
Tolerable



かなり辛い
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).

● 息切れがする
I am out of breath.



● 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.



● 不正出血
I am having irregular bleeding.
● 腹が痛い
I have a pain in my abdomen.



● 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.



● 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.



● お腹が痛い
I have a pain in my abdomen.
● お腹が張る
I am bloated.
● 膣から出血
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.



● 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.

● 交通事故
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.