

# Click Language

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# Patient Survey – English & Arabic

- I am with the Port of Seattle Fire Department to help you  
أنا من إدارة إطفاء ميناء سياتل وجئت لمساعدتك
- Do you know where you are?  
هل تعرف أين أنت؟
- Do you know what day it is?  
هل تعرف ما هو اليوم؟
- Can you describe what is going on today and why we are here?  
هل يمكنك وصف ما يحدث اليوم ولماذا نحن هنا؟
  - When did the pain/problem start? How long ago?  
متى بدأ الألم/المشكلة؟ منذ متى؟
  - What were you doing when the pain/problem started?  
ماذا كنت تفعل عندما بدأ الألم/المشكلة؟
  - Is there anything that makes the pain/problem worse?  
هل يوجد شيء يزيد من شدة الألم/المشكلة؟
  - If pain, what does it feel like (sharp, dull, burning, cramp, ache, etc.)?  
إذا كان هناك ألم، كيف تشعر به (حاد، خفيف، حارق، تقلص، وجع، إلخ)؟
  - Can you point to the pain or general area?  
هل يمكنك الإشارة إلى مكان الألم أو المنطقة العامة له؟
  - Does the pain move? Up, down, left, right or to the back?  
هل ينتقل الألم؟ إلى الأعلى، الأسفل، اليسار، اليمين، أو إلى الظهر؟
  - How do you rate the pain on a scale of 1-10? 1 = no pain and 10 = the worst pain ever  
كيف تقيّم الألم من 1 إلى 10؟ 1 = لا يوجد ألم، و 10 = أسوأ ألم في حياتك
- Can you smile?  
هل يمكنك الابتسام؟
- Can you close your eyes and raise both arms in front of you?  
هل يمكنك إغلاق عينيك ورفع كلا الذراعين أمامك؟
- Say this phrase 3 times: It's always sunny in Seattle  
قل هذه العبارة ثلاث مرات: الجو دائمًا مشمس في سياتل
- When was the last time you felt or were acting normal?  
متى كانت آخر مرة شعرت فيها أو تصرفت فيها بشكل طبيعي؟
- Abdominal Pain:  
ألم في البطن:
  - Where is the pain/discomfort? Upper right, lower right, upper left and lower left.  
أين يوجد الألم/الانزعاج؟ أعلى اليمين، أسفل اليمين، أعلى اليسار، أو أسفل اليسار

- When was the last bowel movement and did it look normal? Is there blood present in stool or urine? Any nausea or vomiting?

متى كان آخر إخراج؟ وهل كان شكله طبيعيًا؟ هل يوجد دم في البراز أو البول؟ هل يوجد غثيان أو قيء؟

- How are you breathing? Do you feel short of breath? Can you take a deep breath? Is there any pain with breathing?

كيف هو تنفسك؟ هل تشعر بضيق في التنفس؟ هل يمكنك أخذ نفس عميق؟ هل يوجد ألم عند التنفس؟

- Are you pregnant or possibly pregnant?

هل أنتِ حامل أو من المحتمل أن تكوني حاملاً؟

- Have you ever had this happen before? If yes, did you seek treatment and what was found to be the problem?

هل حدث لك هذا من قبل؟ إذا كانت الإجابة نعم، هل تلقيت علاجًا وما هي نتيجة التشخيص؟

- Are you taking any medications? Do you have any allergies to medications?

هل تتناول أي أدوية؟ هل لديك حساسية من أي أدوية؟

- Any past medical history?

هل لديك أي تاريخ طبي سابق؟

- Diabetes

السكري

- Hypertension

ارتفاع ضغط الدم

- Heart Attack

نوبة قلبية

- Stroke

سكتة دماغية

- Seizure

نوبة صرع

- I'm going to conduct this procedure:

سأقوم بالإجراءات التالية:

- Place an oxygen mask on you

وضع قناع أكسجين عليك

- Place EKG stickers on your chest to look at the electrical activity of your heart

وضع لاصقات تخطيط القلب على صدرك لقياس النشاط الكهربائي للقلب

- Stick you with a needle to test blood glucose

وخزك بإبرة لفحص نسبة السكر في الدم

- Place a stethoscope under your shirt to check lung sounds

وضع السماعة الطبية تحت قميصك لفحص أصوات الرئة

- Splinting to immobilize:

تثبيت لمنع الحركة

- Arm

الذراع

- Leg

الساق

- I'm going to administer:

سأقوم بإعطاء:

- Aspirin (chew the baby Aspirin)

الأسبرين (مضغ أسبرين الأطفال)

- Oral glucose (sugar gel in the mouth between cheek and gum)

الجلوكوز الفموي (جيل السكر يوضع بين الخد واللثة)

- Epinephrin (needle)

الإبينفرين (حقنة)

- Medics are coming to perform a more in-depth medical evaluation and possibly transport you to a hospital to see a doctor

المسعفون في الطريق لإجراء تقييم طبي أكثر تفصيلاً وقد يقومون بنقلك إلى المستشفى لرؤية طبيب

- Call 911/emergency responders or see a doctor if symptoms remain or increase

اتصل بالرقم 911 أو بخدمات الطوارئ، أو راجع طبيباً إذا استمرت الأعراض أو ساءت

# بطاقة تواصل



## اللغات

Arabic / العربية

Français / French

Deutsch / German

日本語 / Japanese

한국어 / Korean

普通话 / Mandarin

Русский / Russian

Español / Spanish

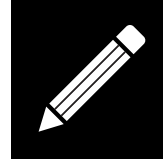
ภาษาไทย / Thai

Tiếng Việt / Vietnamese

أفضل طريقة للتواصل معي هي...



الترجمة



الكتابة

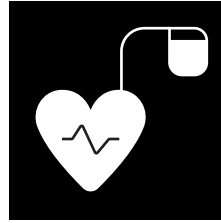


قراءة الشفاه



الإيماءات

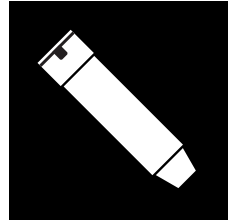
المعلومات الطبية الشخصية



جهاز تنظيم ضربات القلب



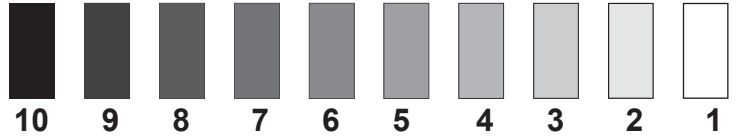
دواء



إيبين (EpiPen)



مستوى الألم



## الأدوية

أعاني من حساسية تجاه

أنا أتناول

داء السكري

الأنسولين

الحساسية

الإبينفرين

مرض القلب

النيتروجليسرين

القلق

البنزوديازيبينات

تسكين الألم

المواد الأفيونية

التثبيت

أدوية إرخاء العضلات

ارتفاع ضغط الدم

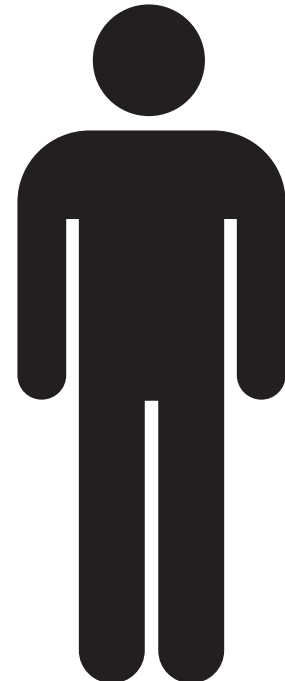
حاصرات بيتا

مضاد حيوي

البنسلين

غير ذلك

أين مكان الألم؟



خلف

أمام

# Patient Survey – English & Chinese

- I am with the Port of Seattle Fire Department to help you.

我来自西雅图港消防局来帮助您。

- Do you know where you are?

您知道自己现在在哪里吗？

- Do you know what day it is?

您知道今天是星期几吗？

- Can you describe what is going on today and why we are here?

您可以描述一下今天发生了什么以及我们为什么在这里吗？

- When did the pain/problem start? How long ago?

疼痛/问题是什么时候开始的？已经多久了？

- What were you doing when the pain/problem started?

疼痛/问题开始时您正在做什么？

- Is there anything that makes the pain/problem worse?

有什么情况会让疼痛/问题变得更严重吗？

- If pain, what does it feel like (sharp, dull, burning, cramp, ache, etc.)?

如果是疼痛，感觉像什么？（刺痛、钝痛、灼热、抽筋、酸痛等）

- Can you point to the pain or general area?

您能指出疼痛的确切部位或大致区域吗？

- Does the pain move? Up, down, left, right or to the back?

疼痛会移动吗？向上、向下、向左、向右或向后？

- How do you rate the pain on a scale of 1–10? 1 = no pain and 10 = the worst pain ever.

请按 1–10 评分您的疼痛程度。1 = 无痛，10 = 您经历过的最严重的疼痛。

- Can you smile?

您能微笑吗？

- Can you close your eyes and raise both arms in front of you?

您能闭上眼睛并把双臂抬到身前吗？

- Say this phrase 3 times: 'It's a sunny day in Seattle.'

请重复三遍：‘今天是西雅图的晴天。’

- When was the last time you felt or were acting normal?

您上一次感觉或表现正常是什么时候？

- Abdominal Pain:

腹痛：

- Where is the pain/discomfort? Upper right, lower right, upper left, lower left.

疼痛/不适在哪里？右上、右下、左上或左下？

- When was the last bowel movement and did it look normal? Is there blood present in stool or urine?  
Any nausea or vomiting?

您上次排便是什么时候？外观正常吗？大便或小便中有血吗？有恶心或呕吐吗？

- How are you breathing? Do you feel short of breath? Can you take a deep breath? Is there any pain with breathing?

您现在的呼吸情况如何？有呼吸急促吗？能深呼吸吗？呼吸时会疼吗？

- Are you pregnant or possibly pregnant?

您是否怀孕或有可能怀孕？

- Have you ever had this happen before? If yes, did you seek treatment and what was found to be the problem?

您以前发生过这种情况吗？如果有，您是否接受过治疗？诊断结果是什么？

- Are you taking any medications? Do you have any allergies to medications?

您正在服用任何药物吗？您对任何药物过敏吗？

- Any past medical history?

您有任何既往病史吗？

- Diabetes

糖尿病

- Hypertension

高血压

- Heart Attack

心脏病发作

- Stroke

中风

- Seizure

癫痫发作

- I'm going to conduct this procedure:

我将进行这个程序：

- Place an oxygen mask on you

为您戴上氧气面罩

- Place EKG stickers on your chest to look at the electrical activity of your heart

在您胸口贴上心电图电极以检查心脏电活动

- Stick you with a needle to test blood glucose

用针刺取血以检测血糖

- Place a stethoscope under your shirt to check lung sounds

将听诊器放在您衣服下以检查肺部声音

- Splinting to immobilize:

使用夹板固定：

- Arm

手臂

- Leg

腿部

- I'm going to administer:

我将进行：

- Aspirin (chew the baby aspirin)

阿司匹林（咀嚼儿童剂量阿司匹林）

- Oral glucose (sugar gel in the mouth between cheek and gum)

口服葡萄糖（将糖凝胶放在口腔内脸颊与牙龈之间）

- Epinephrin (needle)

肾上腺素（注射）

- Medics are coming to perform a more in-depth medical evaluation and possibly transport you to a hospital to see a doctor.

医护人员正在赶来，将进行更深入的医疗评估，并可能送您去医院就诊。

- Call 911 or emergency responders or see a doctor if symptoms remain or increase.

如果症状持续或加重，请拨打 **911**、联系急救人员或就医。



# 通讯卡

与我沟通的最佳方式是……



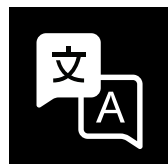
手势



唇语

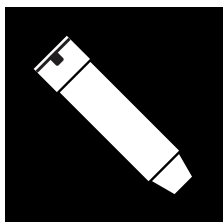


书写



翻译

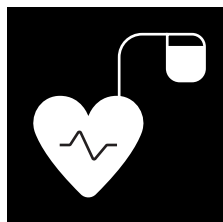
个人医疗信息



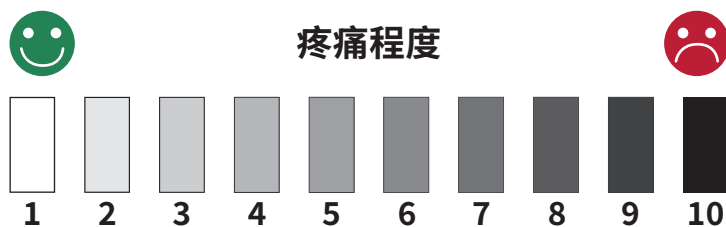
肾上腺素自动注射器



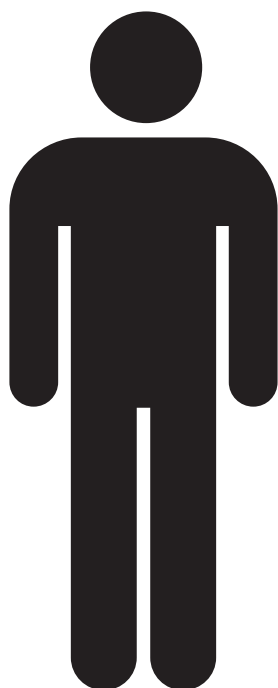
药物



起搏器



## 疼痛位置?



前部

背部

## 语言

العربية / Arabic

Français / French

Deutsch / German

日本語 / Japanese

한국어 / Korean

普通话 / Mandarin

Русский / Russian

Español / Spanish

ภาษาไทย / Thai

Tiếng Việt / Vietnamese

## 药物

我正在服用

我对以下药物过敏

胰岛素

糖尿病

肾上腺素

过敏

硝酸甘油

心脏病

苯二氮卓类药物

焦虑

阿片类药物

缓解疼痛

肌肉松弛剂

固定

β受体阻滞剂

高血压

青霉素

抗生素

其他

# Patient Survey – English & French

- I am with the Port of Seattle Fire Department to help you

**Je suis avec le service d'incendie du port de Seattle pour vous aider**

- Do you know where you are?

**Savez-vous où vous êtes ?**

- Do you know what day it is?

**Savez-vous quel jour nous sommes ?**

- Can you describe what is going on today and why we are here?

**Pouvez-vous décrire ce qui se passe aujourd'hui et pourquoi nous sommes ici ?**

- When did the pain/problem start? How long ago?

**Quand la douleur/le problème a-t-il commencé ? Il y a combien de temps ?**

- What were you doing when the pain/problem started?

**Que faisiez-vous lorsque la douleur/le problème a commencé ?**

- Is there anything that makes the pain/problem worse?

**Y a-t-il quelque chose qui aggrave la douleur/le problème ?**

- If pain, what does it feel like (sharp, dull, burning, cramp, ache, etc.)?

**Si vous avez mal, comment décririez-vous la douleur (vive, sourde, brûlure, crampe, courbature, etc.) ?**

- Can you point to the pain or general area?

**Pouvez-vous montrer la douleur ou la zone générale ?**

- Does the pain move? Up, down, left, right or to the back?

**La douleur se déplace-t-elle ? Vers le haut, le bas, la gauche, la droite ou vers le dos ?**

- How do you rate the pain on a scale of 1-10? 1 = no pain and 10 = the worst pain ever

**Comment évaluez-vous la douleur sur une échelle de 1 à 10 ? 1 = aucune douleur et 10 = la pire douleur de votre vie**

- Can you smile?

**Pouvez-vous sourire ?**

- Can you close your eyes and raise both arms in front of you?

**Pouvez-vous fermer les yeux et lever les deux bras devant vous ?**

- Say this phrase 3 times: It's always sunny in Seattle

**Dites cette phrase 3 fois : Il fait toujours beau à Seattle**

- When was the last time you felt or were acting normal?

**Quand avez-vous ressenti ou agi normalement pour la dernière fois ?**

- Abdominal Pain:

**Douleurs abdominales:**

- Where is the pain/discomfort? Upper right, lower right, upper left and lower left.

**Où est la douleur/l'inconfort ? En haut à droite, en bas à droite, en haut à gauche et en bas à gauche.**

- When was the last bowel movement and did it look normal? Is there blood present in stool or urine? Any nausea or vomiting?

**Quand avez-vous eu votre dernière selle et avait-elle un aspect normal? Y a-t-il du sang dans les selles ou l'urine ? Des nausées ou vomissements ?**

- How are you breathing? Do you feel short of breath? Can you take a deep breath? Is there any pain with breathing?

**Comment respirez-vous ? Êtes-vous essoufflé ? Pouvez-vous prendre une profonde inspiration ?**

**Avez-vous mal en respirant ?**

- Are you pregnant or possibly pregnant?

**Êtes-vous enceinte ou possiblement enceinte ?**

- Have you ever had this happen before? If yes, did you seek treatment and what was found to be the problem?

**Avez-vous déjà vécu cela auparavant ? Si oui, avez-vous consulté et qu'avait-on trouvé comme problème ?**

- Are you taking any medications? Do you have any allergies to medications?

**Prenez-vous des médicaments ? Avez-vous des allergies à des médicaments ?**

- Any past medical history?

**Des antécédents médicaux ?**

- Diabetes

**Diabète**

- Hypertension

**Hypertension**

- Heart Attack

**Crise cardiaque**

- Stroke

## **AVC (accident vasculaire cérébral)**

- Seizure

## **Crise d'épilepsie**

- I'm going to conduct this procedure:

### **Je vais effectuer cette procédure :**

- Place an oxygen mask on you

### **Placer un masque à oxygène sur vous**

- Place EKG stickers on your chest to look at the electrical activity of your heart

### **Placer des électrodes ECG sur votre poitrine pour observer l'activité électrique de votre cœur**

- Stick you with a needle to test blood glucose

### **Te piquer avec une aiguille pour tester la glycémie**

- Place a stethoscope under your shirt to check lung sounds

### **Placez un stéthoscope sous votre chemise pour vérifier les bruits pulmonaires**

- Splinting to immobilize:

### **Attelle pour immobiliser:**

- Arm

### **Bras**

- Leg

### **Jambe**

- I'm going to administer:

### **Je vais administrer :**

- Aspirin (chew the baby Aspirin)

### **Aspirine (mâche le bébé Aspirine)**

- Oral glucose (sugar gel in the mouth between cheek and gum)

### **Glucose oral (gel de sucre dans la bouche entre la joue et la gencive)**

- Epinephrin (needle)

### **Épinéphrine (aiguille)**

- Medics are coming to perform a more in-depth medical evaluation and possibly transport you to a hospital to see a doctor

**Les ambulanciers arrivent pour effectuer une évaluation médicale plus approfondie et peut-être vous transporter à l'hôpital pour voir un médecin**

- Call 911/emergency responders or see a doctor if symptoms remain or increase

**Appelez le 911/les secours d'urgence ou consultez un médecin si les symptômes persistent ou s'aggravent**



# Carte de communication

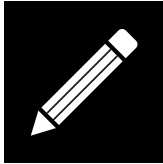
La meilleure façon de communiquer avec moi est...



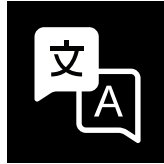
Geste



Lecture labiale

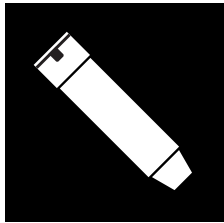


Écriture

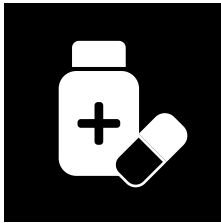


Traduction

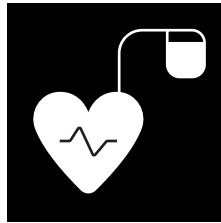
Informations médicales personnelles



Epipen



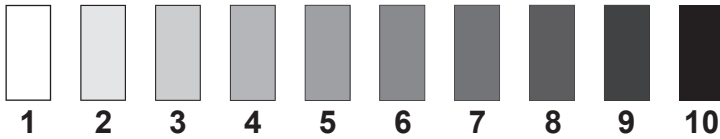
Médicaments



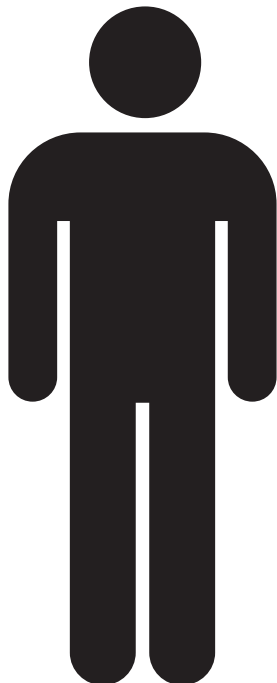
Stimulateur cardiaque



NIVEAU DE DOULEUR



Où avez-vous mal ?



DEVANT

DOS

## LANGUES

العربية / Arabic

Français / French

Deutsch / German

日本語 / Japanese

한국어 / Korean

普通话 / Mandarin

Русский / Russian

Español / Spanish

ภาษาไทย / Thai

Tiếng Việt / Vietnamese

## MÉDICAMENTS

Je prends

Je suis allergique à

Insuline

Diabète

Épinéphrine

Allergies

Nitroglycérine

Maladie cardiaque

Benzodiazépines

Anxiété

Opioides

Soulagement de la douleur

Agents paralysants

Immobilisation

Bêta-bloquants

Hypertension

Pénicilline

Antibiotique

Autre

# Patient Survey – English & German

- I am with the Port of Seattle Fire Department to help you.

**Ich bin von der Feuerwehr des Hafens von Seattle, um Ihnen zu helfen.**

- Do you know where you are?

**Wissen Sie, wo Sie sind?**

- Do you know what day it is?

**Wissen Sie, welcher Tag heute ist?**

- Can you describe what is going on today and why we are here?

**Können Sie beschreiben, was heute passiert und warum wir hier sind?**

- When did the pain/problem start? How long ago?

**Wann haben die Schmerzen/das Problem begonnen? Wie lange ist das her?**

- What were you doing when the pain/problem started?

**Was haben Sie getan, als die Schmerzen/das Problem begannen?**

- Is there anything that makes the pain/problem worse?

**Gibt es etwas, das die Schmerzen/das Problem verschlimmert?**

- If pain, what does it feel like (sharp, dull, burning, cramp, ache, etc.)?

**Wenn es Schmerzen sind, wie fühlen sie sich an? (stechend, dumpf, brennend, krampfartig, pochend usw.)**

- Can you point to the pain or general area?

**Können Sie auf den Schmerz oder die betroffene Stelle zeigen?**

- Does the pain move? Up, down, left, right or to the back?

**Wandern die Schmerzen? Nach oben, unten, links, rechts oder in den Rücken?**

- How do you rate the pain on a scale of 1–10? 1 = no pain and 10 = the worst pain ever.

**Wie bewerten Sie die Schmerzen auf einer Skala von 1–10? 1 = keine Schmerzen, 10 = schlimmste vorstellbare Schmerzen.**

- Can you smile?

**Können Sie lächeln?**

- Can you close your eyes and raise both arms in front of you?

**Können Sie die Augen schließen und beide Arme vor sich heben?**

- Say this phrase 3 times: 'It's a sunny day in Seattle.'

**Bitte sagen Sie diesen Satz dreimal: 'Es ist ein sonniger Tag in Seattle.'**

- When was the last time you felt or were acting normal?

**Wann haben Sie sich zuletzt normal gefühlt oder normal gehandelt?**

- Abdominal Pain:

**Bauchschmerzen:**

- Where is the pain/discomfort? Upper right, lower right, upper left, lower left.

**Wo befinden sich die Schmerzen/das Unbehagen? Oben rechts, unten rechts, oben links, unten links.**

- When was the last bowel movement and did it look normal? Is there blood present in stool or urine? Any nausea or vomiting?

**Wann war Ihr letzter Stuhlgang und sah er normal aus? Gibt es Blut im Stuhl oder Urin?**

**Haben Sie Übelkeit oder Erbrechen?**

- How are you breathing? Do you feel short of breath? Can you take a deep breath? Is there any pain with breathing?

**Wie atmen Sie? Haben Sie Atemnot? Können Sie tief einatmen? Haben Sie Schmerzen beim Atmen?**

- Are you pregnant or possibly pregnant?

**Sind Sie schwanger oder möglicherweise schwanger?**

- Have you ever had this happen before? If yes, did you seek treatment and what was found to be the problem?

**Ist dies schon einmal passiert? Wenn ja, haben Sie eine Behandlung gesucht und was wurde festgestellt?**

- Are you taking any medications? Do you have any allergies to medications?

**Nehmen Sie irgendwelche Medikamente ein? Haben Sie Allergien gegen Medikamente?**

- Any past medical history?

**Gibt es eine Vorgeschichte der Krankengeschichte?**

- Diabetes

**Diabetes**

- Hypertension

**Bluthochdruck**

- Heart Attack

**Herzinfarkt**

- Stroke

**Schlaganfall**

- Seizure

**Krampfanfall**

- I'm going to conduct this procedure:

**Ich werde folgendes Verfahren durchführen:**

- Place an oxygen mask on you

**Eine Sauerstoffmaske aufsetzen**

- Place EKG stickers on your chest to look at the electrical activity of your heart

**EKG-Aufkleber auf Ihrer Brust anbringen, um die elektrische Aktivität Ihres Herzens zu überprüfen**

- Stick you with a needle to test blood glucose

**Mit einer Nadel stechen, um den Blutzucker zu messen**

- Place a stethoscope under your shirt to check lung sounds

**Ein Stethoskop unter Ihr Hemd legen, um die Lungengeräusche zu überprüfen**

- Splinting to immobilize:

**Schienen zur Immobilisierung:**

- Arm

**Der Arm**

- Leg

**Die Etappe**

- I'm going to administer:

**Ich werde Folgendes verabreichen:**

- Aspirin (chew the baby aspirin)

**Aspirin (niedrig dosiert, zum Kauen)**

- Oral glucose (sugar gel in the mouth between cheek and gum)

**Orale Glukose (Zuckergel zwischen Wange und Zahnfleisch)**

- Epinephrin (needle)

**Epinephrin (Injektion)**

- Medics are coming to perform a more in-depth medical evaluation and possibly transport you to a hospital to see a doctor.

**Sanitäter kommen, um eine gründlichere medizinische Untersuchung durchzuführen und Sie möglicherweise in ein Krankenhaus zu bringen.**

- Call 911 or emergency responders or see a doctor if symptoms remain or increase.

**Rufen Sie 911 oder den Notdienst an oder suchen Sie einen Arzt auf, wenn die Symptome anhalten oder sich verschlimmern.**



# Kommunikationskarte

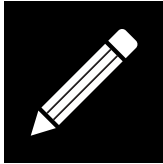
Am besten erreichen Sie mich über ...



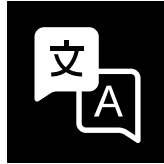
Geste



Lippenlesen

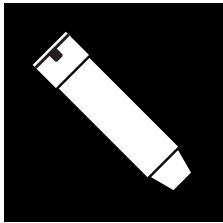


Schreiben

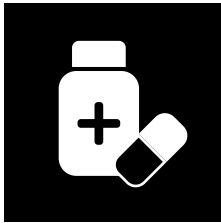


Übersetzung

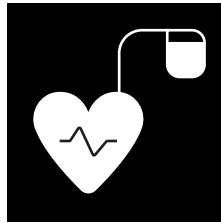
Persönliche medizinische Informationen



Epipen



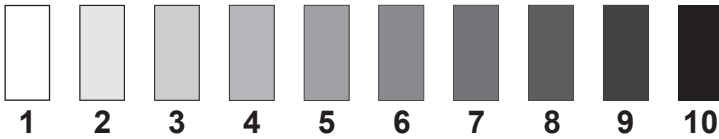
Medikamente



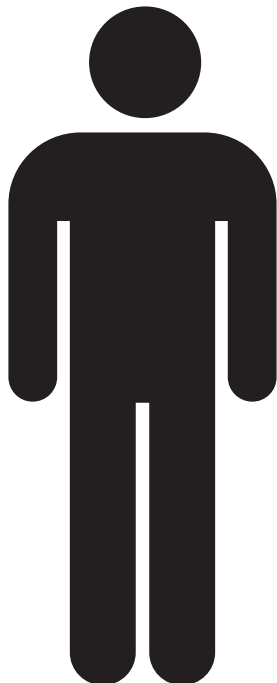
Schrittmacher



## SCHMERZSTÄRKE



## Wo tut es weh?



VOR

ZURÜCK

## SPRACHEN

العربية / Arabic

Français / French

Deutsch / German

日本語 / Japanese

한국어 / Korean

普通话 / Mandarin

Русский / Russian

Español / Spanish

ภาษาไทย / Thai

Tiếng Việt / Vietnamese

## MEDIKAMENTE

Ich nehme

Ich bin allergisch gegen

Insulin

Diabetes

Epinephrin

Allergien

Nitroglycerin

Herzkrankheit

Benzodiazepine

Angst

Opioide

Schmerzlinderung

Lähmungsmittel

Immobilisierung

Beta-Blocker

Hypertonie

Penicillin

Antibiotikum

Sonstige

# Patient Survey – English & Japanese

- I am with the Port of Seattle Fire Department to help you.

私はあなたを助けるためにシアトル港消防局から来ました。

- Do you know where you are?

今どこにいるか分かりますか？

- Do you know what day it is?

今日は何日か分かりますか？

- Can you describe what is going on today and why we are here?

今日何が起きているのか、そしてなぜ私たちがここにいるのか説明できますか？

- When did the pain/problem start? How long ago?

痛み / 問題はいつ始まりましたか？ どのくらい前ですか？

- What were you doing when the pain/problem started?

痛み / 問題が始まったとき、何をしていましたか？

- Is there anything that makes the pain/problem worse?

痛み / 問題を悪化させるものはありますか？

- If pain, what does it feel like (sharp, dull, burning, cramp, ache, etc.)?

痛みがある場合、その痛みはどんな感じですか？（鋭い、鈍い、焼けるような、けいれん、うずく、など）

- Can you point to the pain or general area?

痛む場所または痛む範囲を指し示せますか？

- Does the pain move? Up, down, left, right or to the back?

痛みは移動しますか？ 上、下、左、右、または背中の方に？

- How do you rate the pain on a scale of 1–10? 1 = no pain and 10 = the worst pain ever.

痛みを 1～10 で評価するとどれくらいですか？ 1 = 痛みなし、10 = これまでで最悪の痛みです。

- Can you smile?

笑えますか？

- Can you close your eyes and raise both arms in front of you?

目を閉じて両腕を前に上げられますか？

- Say this phrase 3 times: 'It's a sunny day in Seattle.'

この文を 3 回言ってください：「シアトルは晴れています。」

- When was the last time you felt or were acting normal?

最後に普通に感じたり行動したりしていたのはいつですか？

- Abdominal Pain:

腹痛：

- Where is the pain/discomfort? Upper right, lower right, upper left, lower left.

痛み / 不快感はどこにありますか？ 右上、右下、左上、左下のどこですか？

- When was the last bowel movement and did it look normal? Is there blood present in stool or urine? Any nausea or vomiting?

最後の排便はいつで、正常に見えましたか？ 便や尿に血は混じっていましたか？ 吐き気や嘔吐はありますか？

- How are you breathing? Do you feel short of breath? Can you take a deep breath? Is there any pain with breathing?

呼吸の具合はどうですか？ 息苦しさを感じますか？ 深呼吸できますか？ 呼吸すると痛みがありますか？

- Are you pregnant or possibly pregnant?

妊娠している、または妊娠の可能性はありますか？

- Have you ever had this happen before? If yes, did you seek treatment and what was found to be the problem?

これが以前にも起きたことがありますか？ あれば、受診しましたか？ 診断は何でしたか？

- Are you taking any medications? Do you have any allergies to medications?

服用している薬はありますか？ 薬に対するアレルギーはありますか？

- Any past medical history?

これまでの病歴はありますか？

- Diabetes

糖尿病

- Hypertension

高血圧

- Heart Attack

心筋梗塞

- Stroke

脳卒中

- Seizure

けいれん

- I'm going to conduct this procedure:

これからこの手順を行います。

- Place an oxygen mask on you

酸素マスクを装着します

- Place EKG stickers on your chest to look at the electrical activity of your heart

心電図（EKG）用のシールを胸に貼り、心臓の電気活動を確認します

- Stick you with a needle to test blood glucose

針を使って血糖値を測定します

- Place a stethoscope under your shirt to check lung sounds

聴診器を服の下に入れて肺の音を確認します

- Splinting to immobilize:

固定用の副木:

- Arm

腕

- Leg

脚

- I'm going to administer:

これから実施します:

- Aspirin (chew the baby aspirin)

アスピリン (子ども用アスピリンを噛んでください)

- Oral glucose (sugar gel in the mouth between cheek and gum)

経口ブドウ糖 (頬と歯茎の間に入れる糖ジェル)

- Epinephrine (needle)

エピネフリン (注射)

- Medics are coming to perform a more in-depth medical evaluation and possibly transport you to a hospital to see a doctor.

さらに詳しい医療評価を行い、必要であれば病院へ搬送します。

- Call 911 or emergency responders or see a doctor if symptoms remain or increase.

症状が続く、または悪化する場合は、911 や救急に連絡するか医師を受診してください。



# コミュニケーションカード

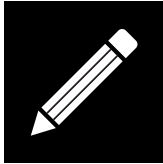
私と連絡を取る一番良い方法は…



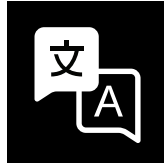
ジェスチャー



読唇術

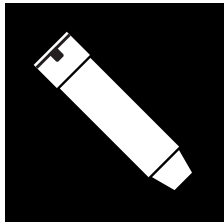


筆談



翻訳

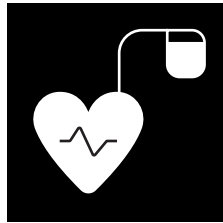
個人の医療情報



エピペン



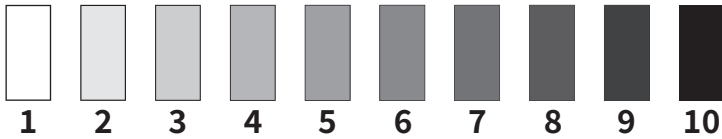
薬



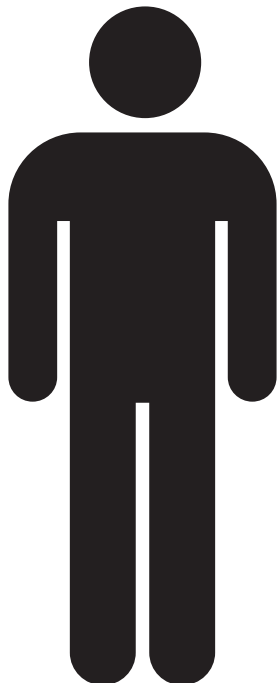
ペースメーカー



痛みのレベル



どこが痛みますか？



前面

背面

言語

العربية / Arabic

Français / French

Deutsch / German

日本語 / Japanese

한국어 / Korean

普通话 / Mandarin

Русский / Russian

Español / Spanish

ภาษาไทย / Thai

Tiếng Việt / Vietnamese

薬

私はこれを服用しています

私はこれにアレルギーがあります

インスリン

糖尿病

エピネフリン

アレルギー

ニトログリセリン

心臓病

ベンゾジアゼピン

不安

オピオイド

痛みの緩和

麻痺薬

固定

ベータ遮断薬

高血圧

ペニシリン

抗生物質

その他

# Patient Survey – English & Korean

- I am with the Port of Seattle Fire Department to help you

저는 당신을 도우러 온 시애틀 항만 소방서 소속 대원입니다.

- Do you know where you are?

지금 계신 곳이 어디인지 아시나요?

- Do you know what day it is?

오늘이 무슨 요일인지 아시나요?

- Can you describe what is going on today and why we are here?

오늘 무슨 일이 있었는지, 그리고 왜 저희가 여기에 있는지 설명해 주시겠어요?

- When did the pain/problem start? How long ago?

통증/문제가 언제 시작되었나요? 얼마나 되었나요?

- What were you doing when the pain/problem started?

통증/문제가 시작될 때 무엇을 하고 계셨나요?

- Is there anything that makes the pain/problem worse?

통증/문제를 더 악화시키는 것이 있나요?

- If pain, what does it feel like (sharp, dull, burning, cramp, ache, etc.)?

통증이라면 어떤 느낌인가요? (예리한 통증, 둔한 통증, 화끈거림, 경련, 찌심 등)

- Can you point to the pain or general area?

통증이 있는 부위를 가리켜 주시겠어요?

- Does the pain move? Up, down, left, right or to the back?

통증이 이동하나요? 위, 아래, 좌, 우 또는 등으로 이동하나요?

- How do you rate the pain on a scale of 1-10? 1 = no pain and 10 = the worst pain ever

1 에서 10 까지 통증 정도를 평가해 주세요. 1 은 통증 없음, 10 은 가장 심한 통증입니다.

- Can you smile?

미소 지을 수 있나요?

- Can you close your eyes and raise both arms in front of you?

눈을 감고 두 팔을 앞으로 들 수 있나요?

- Say this phrase 3 times: "It's a sunny day in Seattle"

이 문장을 세 번 말해 주세요: '시애틀은 맑은 날입니다.'

- When was the last time you felt or were acting normal?

마지막으로 정상적으로 느끼거나 행동한 때가 언제였나요?

- Abdominal Pain:

복통:

- Where is the pain/discomfort? Upper right, lower right, upper left and lower left.

통증이나 불편함은 어디에 있나요? 오른쪽 위, 오른쪽 아래, 왼쪽 위, 왼쪽 아래.

- When was the last bowel movement and did it look normal? Is there blood present in stool or urine? Any nausea or vomiting?

마지막 배변은 언제였으며 정상적으로 보였나요? 대변이나 소변에 피가 있나요? 메스꺼움이나 구토가 있나요?

- How are you breathing? Do you feel short of breath? Can you take a deep breath? Is there any pain with breathing?

호흡은 어떠신가요? 숨이 차나요? 깊게 숨을 쉴 수 있나요? 호흡 시 통증이 있나요?

- Are you pregnant or possibly pregnant?

임신 중이거나 임신 가능성이 있나요?

- Have you ever had this happen before? If yes, did you seek treatment and what was found to be the problem?

이런 일이 이전에도 있었나요? 있었다면 진료를 받았고 원인이 무엇인지 들으셨나요?

- Are you taking any medications? Do you have any allergies to medications?

복용 중인 약이 있나요? 약물 알레르기가 있나요?

- Any past medical history?

과거 병력이 있나요?

- Diabetes

당뇨

- Hypertension

고혈압

- Heart Attack

심근경색

- Stroke

뇌졸중

- Seizure

발작

- I'm going to conduct this procedure:

다음 처치를 시행하겠습니다:

- Place an oxygen mask on you

산소 마스크를 착용하겠습니다

- Place EKG stickers on your chest to look at the electrical activity of your heart

심전도 확인을 위해 가슴에 **EKG** 패드를 부착하겠습니다

- Stick you with a needle to test blood glucose

혈당 검사를 위해 주사를 찌러

- Place a stethoscope under your shirt to check lung sounds

청진기를 셔츠 안에 넣어 폐 소리를 확인해 보세요

- Splinting to immobilize:

부목 고정:

- Arm

팔

- Leg

다리

- I'm going to administer:

다음 약물을 투여하겠습니다:

- Aspirin (chew the baby Aspirin)

아스피린 (아기 씹는 아스피린)

- Oral glucose (sugar gel in the mouth between cheek and gum)

구강 포도당 (볼과 잇몸 사이 입안에 설탕 젤을 넣는 것)

- Epinephrin (needle)

에피네프린(바늘)

- Medics are coming to perform a more in-depth medical evaluation and possibly transport you to a hospital to see a doctor

의료진이 와서 더 정밀한 평가를 하고 필요시 병원으로 이송할 것입니다

- Call 911 or emergency responders or see a doctor if symptoms remain or increase

증상이 지속되거나 악화되면 **911** 또는 응급 서비스를 호출하거나 의사의 진료를 받으십시오



# 의사소통 카드

저와 의사소통하는 가장 좋은 방법은...



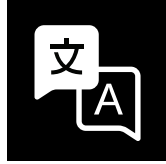
몸짓



독순술

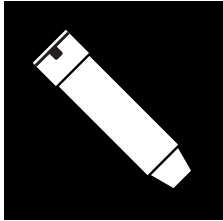


글쓰기

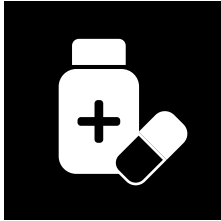


번역

개인 의료 정보



에피펜



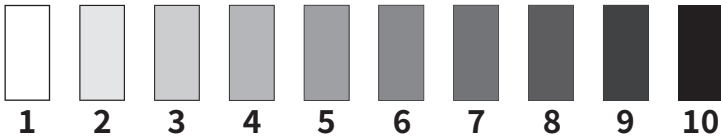
약물



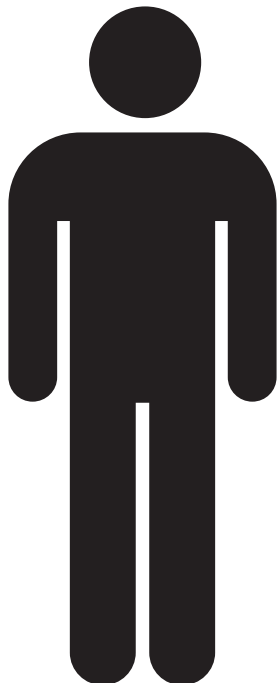
맥박 조정 장치



아픈 정도



아픈 곳은 어디인가요?



앞쪽

뒤쪽

언어

العربية / Arabic

Français / French

Deutsch / German

日本語 / Japanese

한국어 / Korean

普通話 / Mandarin

Русский / Russian

Español / Spanish

ภาษาไทย / Thai

Tiếng Việt / Vietnamese

약물

다음을 복용합니다

다음에 알레르기가 있습니다

인슐린

당뇨병

에피네프린

알레르기

니트로글리세린

심장 질환

벤조디아제핀

불안

오피오이드

통증 완화

신경근 차단제

움직임 차단

베타 차단제

고혈압

페니실린

항생제

기타

# Patient Survey – English & Russian

- I am with the Port of Seattle Fire Department to help you

**Я из пожарной службы порта Сиэтла, чтобы помочь вам**

- Do you know where you are?

**Вы знаете, где вы находитесь?**

- Do you know what day it is?

**Вы знаете, какой сегодня день?**

- Can you describe what is going on today and why we are here?

**Можете описать, что происходит сегодня и почему мы здесь?**

- When did the pain/problem start? How long ago?

**Когда началась боль/проблема? Как давно?**

- What were you doing when the pain/problem started?

**Что вы делали, когда началась боль/проблема?**

- Is there anything that makes the pain/problem worse?

**Есть ли что-то, что усиливает боль/проблему?**

- If pain, what does it feel like (sharp, dull, burning, cramp, ache, etc.)?

**Если есть боль, как она ощущается (острая, тупая, жгучая, судорожная, ноющая и т. д.)?**

- Can you point to the pain or general area?

**Можете указать на боль или область, где она ощущается?**

- Does the pain move? Up, down, left, right or to the back?

**Перемещается ли боль? Вверх, вниз, влево, вправо или в спину?**

- How do you rate the pain on a scale of 1-10? 1 = no pain and 10 = the worst pain ever

**Оцените боль по шкале от 1 до 10. 1 = нет боли, 10 = самая сильная боль в жизни**

- Can you smile?

**Можете улыбнуться?**

- Can you close your eyes and raise both arms in front of you?

**Можете закрыть глаза и поднять обе руки перед собой?**

- Say this phrase 3 times: It's always sunny in Seattle

**Скажите эту фразу 3 раза: В Сиэтле всегда солнечно**

- When was the last time you felt or were acting normal?

**Когда вы в последний раз чувствовали себя или вели себя нормально?**

Abdominal Pain:

**Боль в животе:**

- Where is the pain/discomfort? Upper right, lower right, upper left and lower left.

**Где находится боль/дискомфорт? Верхний правый, нижний правый, верхний левый или нижний левый квадрант.**

- When was the last bowel movement and did it look normal? Is there blood present in stool or urine? Any nausea or vomiting?

**Когда был последний стул и выглядел ли он нормально? Есть ли кровь в стуле или моче?**

**Тошнота или рвота?**

- How are you breathing? Do you feel short of breath? Can you take a deep breath? Is there any pain with breathing?

**Как вы дышите? Чувствуете ли одышку? Можете ли сделать глубокий вдох? Есть ли боль при дыхании?**

- Are you pregnant or possibly pregnant?

**Вы беременны или возможно беременны?**

- Have you ever had this happen before? If yes, did you seek treatment and what was found to be the problem?

**Случалось ли это с вами раньше? Если да, обращались ли вы за лечением и что было установлено?**

- Are you taking any medications? Do you have any allergies to medications?

**Принимаете ли вы какие-либо лекарства? Есть ли у вас аллергия на лекарства?**

- Any past medical history?

**Есть ли какие-либо заболевания в анамнезе?**

- Diabetes

**Диабет**

- Hypertension

**Гипертония**

- Heart Attack

**Инфаркт**

- Stroke

**Инсульт**

- Seizure

## **Приступ**

- I'm going to conduct this procedure:

### **Я выполню следующую процедуру:**

- Place an oxygen mask on you

#### **Надену на вас кислородную маску**

- Place EKG stickers on your chest to look at the electrical activity of your heart

#### **Приклею наклейки ЭКГ на вашу грудь, чтобы посмотреть электрическую активность сердца**

- Stick you with a needle to test blood glucose

#### **Сделаю прокол иглой, чтобы измерить уровень глюкозы в крови**

- Place a stethoscope under your shirt to check lung sounds

#### **Положу стетоскоп под вашу одежду, чтобы прослушать лёгкие**

- Splinting to immobilize:

#### **Шинирование для иммобилизации:**

- Arm

#### **Рука**

- Leg

#### **Нога**

- I'm going to administer:

### **Я введу:**

- Aspirin (chew the baby Aspirin)

#### **Аспирин (разжуйте детский аспирин)**

- Oral glucose (sugar gel in the mouth between cheek and gum)

#### **Оральная глюкоза (сахарный гель между щекой и десной)**

- Epinephrin (needle)

#### **Эпинефрин (инъекция)**

- Medics are coming to perform a more in-depth medical evaluation and possibly transport you to a hospital to see a doctor

### **Скоро придут медики для более детального обследования и, возможно, транспортировки в больницу к врачу**

Call 911/emergency responders or see a doctor if symptoms remain or increase

**Позвоните 911/службам экстренной помощи или обратитесь к врачу, если симптомы сохраняются или усиливаются**



# Коммуникационная плата

Лучший способ связаться со мной — это...



Жест



Чтение по губам

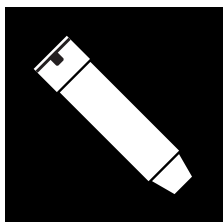


Письмо



Перевод

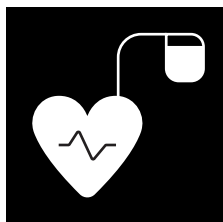
Персональная медицинская информация



Автоинъектор Эпипен



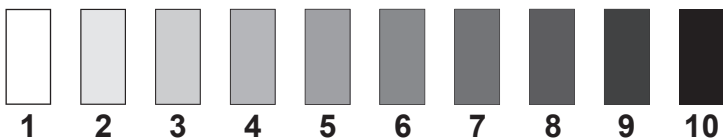
Медикамент



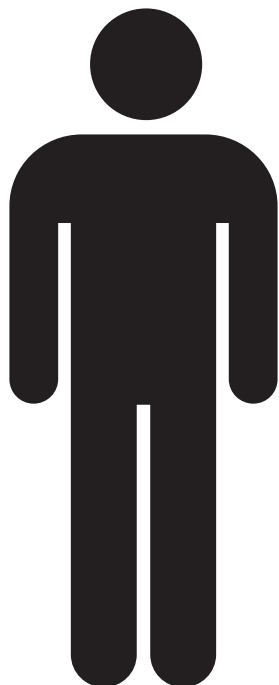
Кардиостимулятор



УРОВЕНЬ БОЛИ



Где болит?



ПЕРЕДНИЙ

ЗАДНИЙ

ЯЗЫКИ

العربية / Arabic

Français / French

Deutsch / German

日本語 / Japanese

한국어 / Korean

普通话 / Mandarin

Русский / Russian

Español / Spanish

ภาษาไทย / Thai

Tiếng Việt / Vietnamese

ЛЕКАРСТВЕННЫЕ СРЕДСТВА

Я принимаю  У меня аллергия на

Инсулин *Диабет*

Эпинефрин *Аллергии*

Нитроглицерин *Сердечное заболевание*

Бензодиазепины *Тревожность*

Опиоиды *Облегчение боли*

Вызывающие паралич *Иммобилизация*

Бета-блокаторы *Гипертония*

Пенициллин *Антибиотик*

Другой

# Patient Survey – English & Spanish

- I am with the Port of Seattle Fire Department to help you

**Estoy con el Departamento de Bomberos del Puerto de Seattle para ayudarle**

- Do you know where you are?

**¿Sabe dónde está?**

- Do you know what day it is?

**¿Sabe qué día es hoy?**

- Can you describe what is going on today and why we are here?

**¿Puede describir lo que está pasando hoy y por qué estamos aquí?**

- When did the pain/problem start? How long ago?

**¿Cuándo comenzó el dolor/problema? ¿Hace cuánto tiempo?**

- What were you doing when the pain/problem started?

**¿Qué estaba haciendo cuando comenzó el dolor/problema?**

- Is there anything that makes the pain/problem worse?

**¿Hay algo que empeore el dolor/problema?**

- If pain, what does it feel like (sharp, dull, burning, cramp, ache, etc.)?

**Si hay dolor, ¿cómo se siente (agudo, leve, ardor, calambre, molestia, etc.)?**

- Can you point to the pain or general area?

**¿Puede señalar el dolor o el área general?**

- Does the pain move? Up, down, left, right or to the back?

**¿Se mueve el dolor? ¿Hacia arriba, abajo, izquierda, derecha o hacia la espalda?**

- How do you rate the pain on a scale of 1-10? 1 = no pain and 10 = the worst pain ever

**¿Cómo califica el dolor en una escala del 1 al 10? 1 = sin dolor y 10 = el peor dolor de su vida**

- Can you smile?

**¿Puede sonreír?**

- Can you close your eyes and raise both arms in front of you?

**¿Puede cerrar los ojos y levantar ambos brazos frente a usted?**

- Say this phrase 3 times: It's always sunny in Seattle

**Diga esta frase 3 veces: Siempre está soleado en Seattle**

- When was the last time you felt or were acting normal?

**¿Cuándo fue la última vez que se sintió o actuó con normalidad?**

- Abdominal Pain:

**Dolor abdominal:**

- Where is the pain/discomfort? Upper right, lower right, upper left and lower left.

**¿Dónde está el dolor/malestar? Parte superior derecha, inferior derecha, superior izquierda e inferior izquierda.**

- When was the last bowel movement and did it look normal? Is there blood present in stool or urine? Any nausea or vomiting?

**¿Cuándo fue su última evacuación y se veía normal? ¿Hay sangre en las heces o la orina?**

**¿Náuseas o vómitos?**

- How are you breathing? Do you feel short of breath? Can you take a deep breath? Is there any pain with breathing?

**¿Cómo está respirando? ¿Siente falta de aire? ¿Puede respirar profundamente? ¿Hay dolor al respirar?**

- Are you pregnant or possibly pregnant?

**¿Está embarazada o podría estarlo?**

- Have you ever had this happen before? If yes, did you seek treatment and what was found to be the problem?

**¿Le ha pasado esto antes? Si sí, ¿buscó tratamiento y qué se encontró como causa?**

- Are you taking any medications? Do you have any allergies to medications?

**¿Está tomando algún medicamento? ¿Tiene alergias a medicamentos?**

- Any past medical history?

**¿Algún antecedente médico?**

- Diabetes

**Diabetes**

- Hypertension

**Hipertensión**

- Heart Attack

**Ataque cardíaco**

- Stroke

**Derrame cerebral**

- Seizure

### **Convulsión**

- I'm going to conduct this procedure:

#### **Voy a realizar este procedimiento:**

- Place an oxygen mask on you

#### **Colocar una máscara de oxígeno en usted**

- Place EKG stickers on your chest to look at the electrical activity of your heart

#### **Colocar electrodos de EKG en su pecho para observar la actividad eléctrica de su corazón**

- Stick you with a needle to test blood glucose

#### **Pincharle con una aguja para medir la glucosa en sangre**

- Place a stethoscope under your shirt to check lung sounds

#### **Colocar un estetoscopio bajo su camisa para escuchar los sonidos pulmonares**

- Splinting to immobilize:

#### **Entablillado para inmovilizar:**

- Arm

#### **Brazo**

- Leg

#### **Pierna**

- I'm going to administer:

#### **Voy a administrar:**

- Aspirin (chew the baby Aspirin)

#### **Aspirina (mastique la aspirina infantil)**

- Oral glucose (sugar gel in the mouth between cheek and gum)

#### **Glucosa oral (gel de azúcar en la boca entre la mejilla y la encía)**

- Epinephrin (needle)

#### **Epinefrina (aguja)**

- Medics are coming to perform a more in-depth medical evaluation and possibly transport you to a hospital to see a doctor

#### **Los médicos vienen para realizar una evaluación más completa y posiblemente trasladarlo a un hospital para ver a un médico**

- Call 911/emergency responders or see a doctor if symptoms remain or increase

#### **Llame al 911/servicios de emergencia o consulte a un médico si los síntomas persisten o empeoran**



# Tarjeta de comunicación

La mejor manera de comunicarse conmigo es...



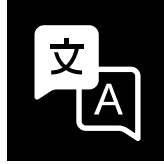
Gestos



Lectura de labios

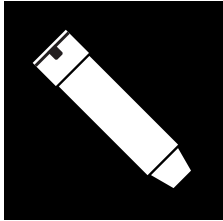


Escritura

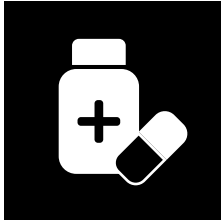


Traducción

Información médica personal



EpiPen



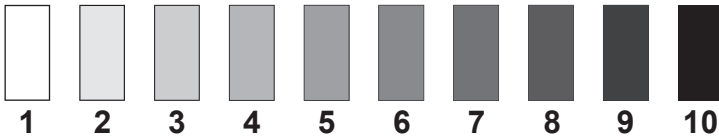
Medicamento



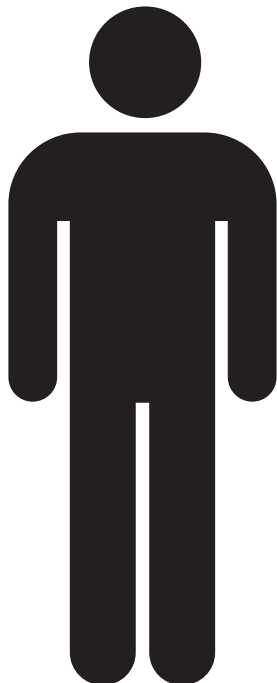
Marcapasos



NIVEL DE DOLOR



¿Dónde le duele?



FRENTE

ATRÁS

## IDIOMAS

العربية / Arabic

Français / French

Deutsch / German

日本語 / Japanese

한국어 / Korean

普通话 / Mandarin

Русский / Russian

Español / Spanish

ภาษาไทย / Thai

Tiếng Việt / Vietnamese

## MEDICAMENTOS

Actualmente tomo

Soy alérgico a

Insulina

Diabetes

Epinefrina

Alergias

Nitroglicerina

Enfermedad cardíaca

Benzodiazepinas

Ansiedad

Opioides

Alivio del dolor

Paralizantes

Inmovilización

Betabloqueadores

Hipertensión

Penicilina

Antibiótico

Otros

# Patient Survey – English & Thai

- I am with the Port of Seattle Fire Department to help you

ฉันมาจากแผนกดับเพลิงท่าเรือซีแอตเทิลเพื่อช่วยคุณ

- Do you know where you are?

คุณรู้ไหมว่าคุณอยู่ที่ไหน?

- Do you know what day it is?

คุณรู้ไหมว่าวันนี้เป็นวันอะไร?

- Can you describe what is going on today and why we are here?

คุณสามารถอธิบายได้ไหมว่าวันนี้เกิดอะไรขึ้นและทำไมเราจึงมาอยู่ที่นี่?

- When did the pain/problem start? How long ago?

อาการปวด/ปัญหาเริ่มขึ้นเมื่อไหร่? นานแค่ไหนแล้ว?

- What were you doing when the pain/problem started?

ตอนที่อาการปวด/ปัญหาเริ่มขึ้นคุณกำลังทำอะไรอยู่?

- Is there anything that makes the pain/problem worse?

มีสิ่งใดที่ทำให้อาการปวด/ปัญหาแย่ลงไหม?

- If pain, what does it feel like (sharp, dull, burning, cramp, ache, etc.)?

ถ้าเป็นอาการปวด มันรู้สึกอย่างไร (แปลบ แสบร้อน หน่วง เกร็ง ปวด ฯลฯ)?

- Can you point to the pain or general area?

คุณชี้ไปยังตำแหน่งที่ปวดหรือบริเวณทั่วไปได้ไหม?

- Does the pain move? Up, down, left, right or to the back?

อาการปวดเคลื่อนไหวไหม? ขึ้น ลง ซ้าย ขวา หรือไปด้านหลัง?

- How do you rate the pain on a scale of 1-10? 1 = no pain and 10 = the worst pain ever

คุณให้คะแนนความปวดจาก 1-10 อย่างไร? 1 = ไม่ปวด 10 = ปวดที่สุดเท่าที่เคยมีมา

- Can you smile?

คุณยิ้มได้ไหม?

- Can you close your eyes and raise both arms in front of you?

คุณหลับตาและยกแขนทั้งสองขึ้นด้านหน้าได้ไหม?

- Say this phrase 3 times: It's always sunny in Seattle

พูดวลีนี้ 3 ครั้ง: ซีแอตเทิลแดดจัดเสมอ

- When was the last time you felt or were acting normal?

**ครั้งสุดท้ายที่คุณรู้สึกหรือทำตัวเป็นปกติคือเมื่อไหร่?**

- Abdominal Pain:

**ปวดท้อง:**

- Where is the pain/discomfort? Upper right, lower right, upper left and lower left.

**ความเจ็บปวด/ความรู้สึกไม่สบายอยู่ที่ไหน? ขวาบน ขวาล่าง ซ้ายบน และซ้ายล่าง**

- When was the last bowel movement and did it look normal? Is there blood present in stool or urine? Any nausea or vomiting?

**การขับถ่ายครั้งสุดท้ายเมื่อไหร่ และดูปกติดีไหม? มีเลือดในอุจจาระหรือปัสสาวะไหม?**

**มีคลื่นไส้หรืออาเจียนหรือไม่?**

- How are you breathing? Do you feel short of breath? Can you take a deep breath? Is there any pain with breathing?

**คุณหายใจเป็นอย่างไร? หายใจลำบากไหม? หายใจเข้าลึกๆ ได้ไหม? มีอาการเจ็บเมื่อหายใจหรือไม่?**

- Are you pregnant or possibly pregnant?

**คุณกำลังตั้งครรภ์หรืออาจจะตั้งครรภ์หรือไม่?**

- Have you ever had this happen before? If yes, did you seek treatment and what was found to be the problem?

**คุณเคยมีเหตุการณ์นี้มาก่อนหรือไม่? หากเคย คุณเคยเข้ารับการรักษาหรือพบว่ามีปัญหาอะไร?**

- Are you taking any medications? Do you have any allergies to medications?

**คุณกำลังใช้ยาใดๆ อยู่หรือไม่? คุณแพ้ยาหรือไม่?**

- Any past medical history?

**มีประวัติทางการแพทย์ในอดีตหรือไม่?**

- Diabetes

**โรคเบาหวาน**

- Hypertension

**ความดันโลหิตสูง**

- Heart Attack

**อาการหัวใจวาย**

- Stroke

**โรคหลอดเลือดสมอง**

- Seizure

### อาการชัก

- I'm going to conduct this procedure:

#### ฉันกำลังจะทำหัตถการนี้:

- Place an oxygen mask on you

ใส่หน้ากากออกซิเจนให้คุณ

- Place EKG stickers on your chest to look at the electrical activity of your heart

ติดแผ่น EKG ที่หน้าอกเพื่อตรวจสอบคลื่นไฟฟ้าหัวใจ

- Stick you with a needle to test blood glucose

ใช้เข็มทดสอบระดับน้ำตาลในเลือดของคุณ

- Place a stethoscope under your shirt to check lung sounds

วางหูฟังไว้ใต้เสื้อเพื่อตรวจสอบเสียงปอด

- Splinting to immobilize:

#### การใส่เฝือกเพื่อจำกัดการเคลื่อนไหว:

- Arm

แขน

- Leg

ขา

- I'm going to administer:

#### ฉันกำลังจะให้ยา:

- Aspirin (chew the baby Aspirin)

แอสไพริน (เคี้ยวแอสไพรินทารก)

- Oral glucose (sugar gel in the mouth between cheek and gum)

กลูโคสในช่องปาก (เจลน้ำตาลในปากระหว่างแก้มและเหงือก)

- Epinephrin (needle)

Epinephrin (เข็ม)

- Medics are coming to perform a more in-depth medical evaluation and possibly transport you to a hospital to see a doctor

ทีมแพทย์กำลังมาทำการประเมินสุขภาพเชิงลึกและอาจนำคุณส่งโรงพยาบาล

- Call 911/emergency responders or see a doctor if symptoms remain or increase

โทร 911/ผู้ให้การช่วยเหลือฉุกเฉิน หรือไปพบแพทย์หากอาการยังคงอยู่หรือรุนแรงขึ้น



# บัตรสื่อสารฉุกเฉิน

วิธีที่ดีที่สุดในการสื่อสารกับ)ฉันคือ...



ท่าทาง



การอ่านริมฝีปาก

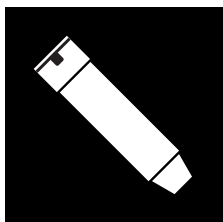


การเขียน



การแปลภาษา

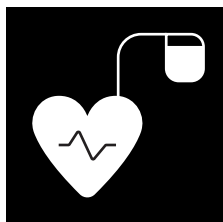
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ปากกาฉีดยาอินซูลิน



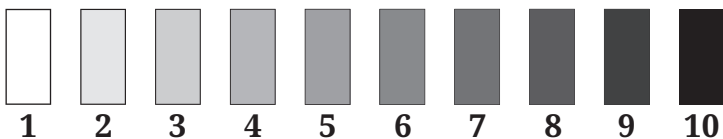
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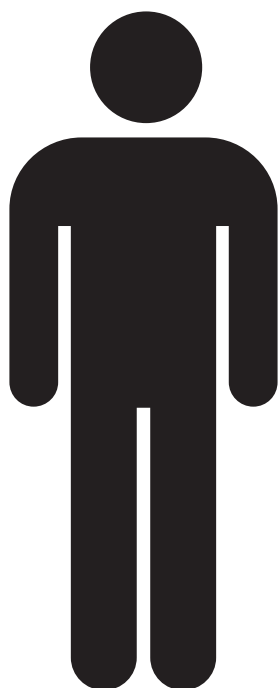
เครื่องกระตุ้นหัวใจ



ระดับความเจ็บปวด



คุณปวดที่บริเวณใด?



ด้านหน้า

ด้านหลัง

ภาษา

العربية / Arabic

Français / French

Deutsch / German

日本語 / Japanese

한국어 / Korean

普通话 / Mandarin

Русский / Russian

Español / Spanish

ภาษาไทย / Thai

Tiếng Việt / Vietnamese

ยา

ฉันกำลังใช้ยา

ฉันแพ้...

อินซูลิน

โรคเบาหวาน

ยาอินซูลิน

อาการแพ้

ยาไนโตรกลีเซอริน

โรคหัวใจ

ยากลุ่มเบนโซไดอะซีปีน

ภาวะวิตกกังวล

ยากลุ่มโอปิออยด์

ยาบรรเทาปวด

ยาหย่อนกล้ามเนื้อ

การตรึงอวัยวะ

ยากลุ่มเบต้าบล็อกเกอร์

ความดันโลหิตสูง

ยาเพนิซิลิน

ยาปฏิชีวนะ

อื่นๆ

# Patient Survey – English & Vietnamese

- I am with the Port of Seattle Fire Department to help you

**Tôi đến từ Sở Cứu Hỏa Cảng Seattle để hỗ trợ bạn.**

- Do you know where you are?

**Bạn có biết mình đang ở đâu không?**

- Do you know what day it is?

**Bạn có biết hôm nay là ngày mấy không?**

- Can you describe what is going on today and why we are here?

**Bạn có thể mô tả chuyện gì đang xảy ra hôm nay và vì sao chúng tôi có mặt ở đây không?**

- When did the pain/problem start? How long ago?

**Cơn đau/vấn đề này bắt đầu khi nào? Bao lâu rồi?**

- What were you doing when the pain/problem started?

**Bạn đang làm gì khi cơn đau/vấn đề bắt đầu?**

- Is there anything that makes the pain/problem worse?

**Có điều gì làm cho cơn đau/vấn đề trở nên nặng hơn không?**

- If pain, what does it feel like (sharp, dull, burning, cramp, ache, etc.)?

**Nếu là đau, cảm giác đau như thế nào? (nhói, âm ỉ, nóng rát, chuột rút, đau mỏi, v.v.)**

- Can you point to the pain or general area?

**Bạn có thể chỉ vào chỗ đau hoặc vùng đau không?**

- Does the pain move? Up, down, left, right or to the back?

**Cơn đau có lan đi không? Lên, xuống, sang trái, sang phải, hay lan ra sau?**

- How do you rate the pain on a scale of 1-10? 1 = no pain and 10 = the worst pain ever

**Bạn đánh giá mức độ đau từ 1 đến 10 như thế nào? 1 = không đau và 10 = đau nhất bạn từng cảm thấy.**

- Can you smile?

**Bạn có thể mỉm cười không?**

- Can you close your eyes and raise both arms in front of you?

**Bạn có thể nhắm mắt và giơ cả hai tay ra trước mặt không?**

- Say this phrase 3 times: "It's always sunny in Seattle"

**Xin hãy nói câu này 3 lần: "Trời luôn nắng ở Seattle"**

- When was the last time you felt or were acting normal?

**Lần gần nhất bạn cảm thấy hoặc hành động bình thường là khi nào?**

- Abdominal Pain:

**Đau bụng:**

- Where is the pain/discomfort? Upper right, lower right, upper left and lower left.

**Cơn đau/khó chịu nằm ở đâu? Trên phải, dưới phải, trên trái, dưới trái.**

- When was the last bowel movement and did it look normal? Is there blood present in stool or urine? Any nausea or vomiting?

**Lần đi tiêu gần nhất là khi nào và có bình thường không? Có máu trong phân hoặc nước tiểu không? Có buồn nôn hay nôn không?**

- How are you breathing? Do you feel short of breath? Can you take a deep breath? Is there any pain with breathing?

**Bạn đang thở như thế nào? Có khó thở không? Bạn có thể hít sâu không? Có đau khi thở không?**

- Are you pregnant or possibly pregnant?

**Bạn có đang mang thai hoặc có thể đang mang thai không?**

- Have you ever had this happen before? If yes, did you seek treatment and what was found to be the problem?

**Bạn đã từng bị như vậy chưa? Nếu có, bạn đã điều trị chưa và kết quả là gì?**

- Are you taking any medications? Do you have any allergies to medications?

**Bạn đang dùng thuốc nào? Bạn có dị ứng với thuốc không?**

- Any past medical history?

**Bạn có tiền sử bệnh gì không?**

- Diabetes

**Tiểu đường**

- Hypertension

**Cao huyết áp**

- Heart Attack

**Đau tim**

- Stroke

**Đột quỵ**

- Seizure

**Cơ giật**

- I'm going to conduct this procedure:

**Tôi sẽ thực hiện thủ thuật sau:**

- Place an oxygen mask on you

**Đeo mặt nạ oxy cho bạn**

- Place EKG stickers on your chest to look at the electrical activity of your heart

**Dán các miếng EKG lên ngực để kiểm tra hoạt động điện của tim**

- Stick you with a needle to test blood glucose

**Chích kim để kiểm tra đường huyết**

- Place a stethoscope under your shirt to check lung sounds

**Đặt ống nghe dưới áo để kiểm tra âm thanh phổi**

- Splinting to immobilize:

**Cố định nẹp:**

- Arm

**Tay**

- Leg

**Chân**

- I'm going to administer:

**Tôi sẽ cho bạn dùng:**

- Aspirin (chew the baby Aspirin)

**Aspirin (nhai Aspirin cho bé)**

- Oral glucose (sugar gel in the mouth between cheek and gum)

**Glucose uống (gel đường đặt giữa má và nướu)**

- Epinephrin (needle)

**Epinephrin (tiêm bằng kim)**

- Medics are coming to perform a more in-depth medical evaluation and possibly transport you to a hospital to see a doctor

**Nhân viên y tế đang đến để đánh giá sâu hơn và có thể đưa bạn đến bệnh viện**

- Call 911 or emergency responders or see a doctor if symptoms remain or increase

**Gọi 911 hoặc gặp bác sĩ nếu triệu chứng không giảm hoặc tệ hơn**



# Thẻ Giao Tiếp

Cách tốt nhất để giao tiếp với tôi là...



Cử chỉ



Đọc khẩu hình

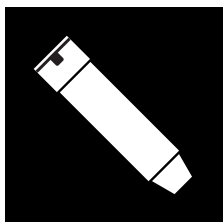


Viết



Dịch thuật

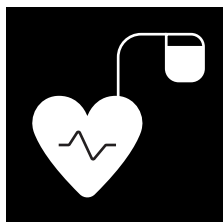
Thông tin y tế cá nhân



Epipen



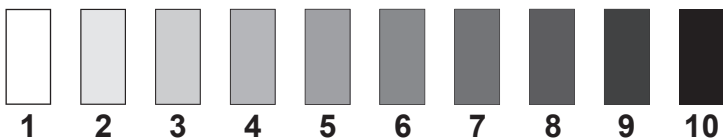
Thuốc



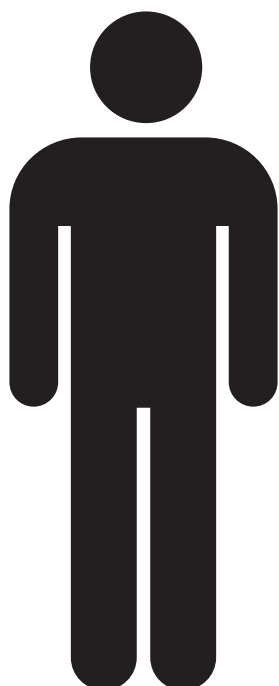
Máy trợ tim



MỨC ĐỘ ĐAU



Cơn đau ở chỗ nào?



PHÍA  
TRƯỚC

PHÍA  
SAU

## NGÔN NGỮ

العربية / Arabic

Français / French

Deutsch / German

日本語 / Japanese

한국어 / Korean

普通话 / Mandarin

Русский / Russian

Español / Spanish

ภาษาไทย / Thai

Tiếng Việt / Vietnamese

## THUỐC

Tôi đang uống

Tôi bị dị ứng với

Insulin

Bệnh tiểu đường

Epinephrine

Dị ứng

Nitroglycerin

Bệnh tim

Benzodiazepine

Lo âu

Thuốc giảm đau nhóm opioid

Giảm đau

Thuốc giãn cơ

Làm bất động

Thuốc chẹn beta

Tăng huyết áp

Penicillin

Thuốc kháng sinh

Khác