



# 症状・病状説明のための指差しシート

Page for pointing to symptoms and their descriptions.

## HOW TO USE


病状とその程度を示して伝えます  
Describe your condition and its severity.



頭が痛い  
I have a headache.



かなり辛い  
Very severe



- 頭が痛い  
I have a headache.



- 目が痛い  
My eye hurts
- 見えない・見えにくい  
I cannot see well.
- 目のかゆみ  
My eyes are itchy



- 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.



- 喉が痛い  
I have a sore throat
- 声がでない  
I have lost my voice
- 痰が出る  
I cough up phlegm




- 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.



- めまいがする  
I feel dizzy




- 口の中が痛い  
My mouth hurts
- 舌が痛い  
My tongue hurts
- 痰が出る  
My taste is dull.



- 歯が痛い  
I have a toothache.
- 歯が痛い  
I have a toothache.



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



- 腰が痛い  
My lower back hurts.
- 下肢に痺れがある  
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



Ohama Dai-ichi Hospital

[www.omotokai.or.jp/ohama1/](http://www.omotokai.or.jp/ohama1/)



# 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.

- お腹が痛い  
I have a pain in my abdomen.
- 膣から出血  
I have vaginal bleeding.
- 赤ちゃんへの心配事  
I worry about the baby.



- けがをした  
I injured myself.



- ころんだ  
I fell down.

- やけどした  
I burned myself.

- 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.



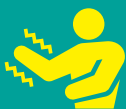
- 息苦しい  
I have difficulty breathing.
- ヒューヒューする  
I am wheezing (light)
- ゼーゼーする  
I am wheezing (heavy)



- 泣き続けている  
My baby won't stop crying.
- 熱がある  
My baby has fever.
- 元気がない  
My baby is listless.



- かぶれた  
I have a rash.
- 発疹がでた  
I have a rash (all over)
- じんましん  
I have hives.



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



- 血尿が出た  
There is blood in my urine.
- 排尿困難  
I have difficulty urinating.
- 頻尿  
I have to urinate frequently.

