Please show the staff where hurts by pointing to that area, tell them your symptoms and what you would like to do.

従業員に体調が悪い場所を指でさして、症状や今からどうしたいかを伝えてください。

〇What kind of symptoms do you have?　どのような症状がありますか？

Painful 痛い

Choking on something/Difficult to breathe　苦しい

My body feels heavy/I have no energy
　しんどい　※体が重たい/気力がない状態

I don't feel well. 気分が悪い

Dizzy めまいがする

Feverish 熱っぽい

Nausea　吐気・嘔吐

Diarrhea　下痢

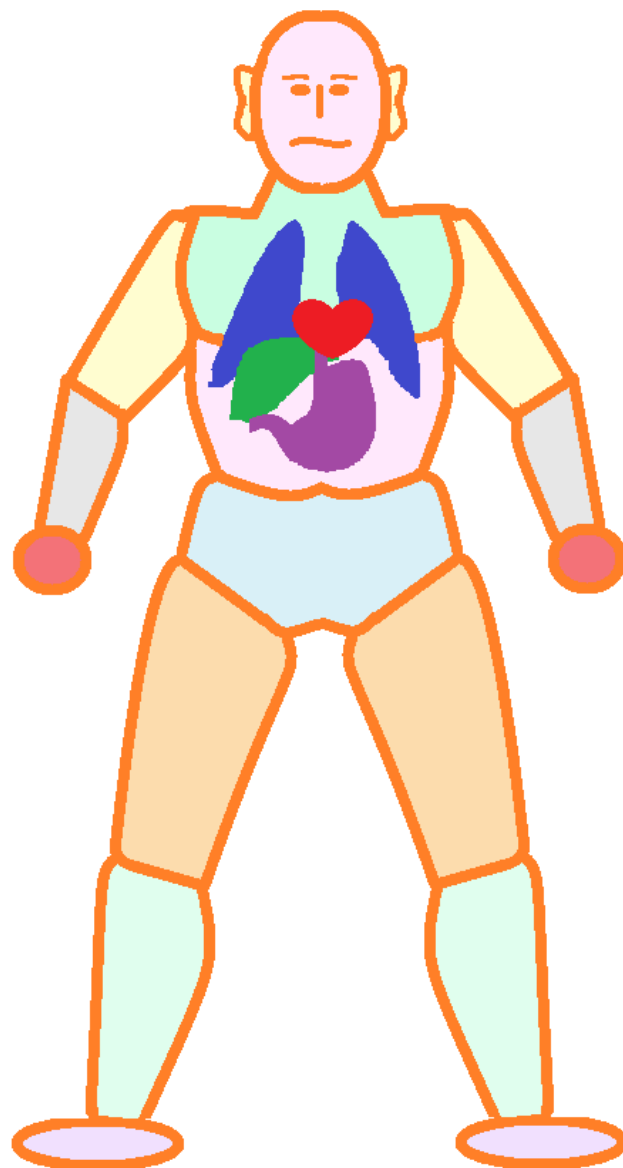**Itchy**　かゆい

Bitten/stung by an insect　虫に刺された

Bruise　打ちつけた

Bleeding　出血した

Fractured/broken bone　骨が折れた

Allergic reaction (to food/to something in the area/ other)
　アレルギー（食べ物・環境・その他）

〇 How severe is your pain?
　　　　　どの程度痛みますか？症状がどうなのか

(The pain) it is unbearable　（痛みが）我慢できない

I can probably stand it　我慢できそう

I can stand it　我慢できる

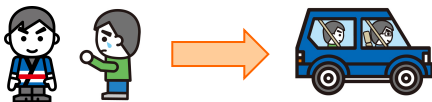I will wait a bit and see how I feel　様子を見る

〇 What would you like to do?　どうしたい

I would like to take simple pain relief medicine (e.g. paracetamol)
　簡単な薬が欲しい(例　解熱・鎮痛剤)

I would like to see a doctor.　病院にいきたい

hospital

I would like to see a doctor right away.　急いで病院にいきたい

豊岡市消防本部作成・NPO法人にほんご豊岡あいうえお監修