

## Your emergency hospital

Hospital

Tel

Address

## Your family clinic

Hospital

Tel

Address

# ヘルプカード Help Card

-Healthcare-



## WaNavi Japan

Emergency Call (Fire Dept.)



### Himawari

Tokyo Metropolitan Health and Medical Information Centre  
03-5285-8181 (9:00AM-8:00PM)  
Emergency Translation Services  
03-5285-8185 (weekdays 5:00PM-8:00PM; weekends and holidays 9:00AM-8:00PM)

## How to call ambulance/fire truck: Dial 119



Dial 119

Q: Kaji desu ka? Kyuu kyuu desu ka? (Is it a fire or a medical emergency?)

A: **KYUU KYUU DESU ! (Medical emergency!)**

Q: Go-juusho wa? / Juusho wa dokodesu ka? (What is your address?)

A: \_\_\_\_\_ **KU** \_\_\_\_\_  
\_\_\_\_\_ **DESU.**

Address and/or landmark

What happened, cause / symptoms

Q: Dou shimashita ka? (What happened? What is wrong?)

A: **Explain (1) Symptom, (2) Severity, (3) Cause and When, (4) First-aid measures taken**

*\*Please refer to your words and phrases list!*

No need to be grammatically correct! Push your out put!

Age of Patient

Q: Go-nenrei wa? / Nansai desu ka? / O-ikutsu desu ka? (How old is the patient?)

A: \_\_\_\_\_ **SAI DESU !**

Your name and phone number

Q: Anata no o-namae to Go-renraku saki o oshie te kudasai. (Please tell me your name and contact number.)

A: (Namae wa ) \_\_\_\_\_ **DESU.**  
(Renrakusaki wa) \_\_\_\_\_ **DESU.**

Symptoms  
症状  
shou jyou

Lethargic  
Guttari shite iru  
ぐったりしている

Unconscious  
Ishiki ga nai.  
意識(いしき)がない

Had seizure  
Keiren shita.  
痙攣(けいれん)した

Anaphylactic shock  
Anafirakishii-shokku.  
アナフィラキシーショック

Asthma attack  
Zensoku hossa  
喘息発作(ぜんそくほっさ)

Hives  
Jinmashin  
じんましん

Strong pain  
Tsuyoi itami  
強(つよ)い痛(いた)み

Have trouble breathing  
Kokyu konnan.  
呼吸困難(こきゅうこんなん)

Stopped breathing  
Kokyu ga tomatta.  
呼吸(こきゅう)がとまった

Fast breathing  
Kokyu ga hayai.  
呼吸(こきゅう)がはやい

Bleeding  
Shukketsu  
出血(しゅっけつ)

Broken bone  
Kossetsu  
骨折(こっせつ)

Looking pale  
Kao-iro ga warui.  
顔色(かおいろ)が悪(わる)い

Persistent crying  
Nakiyamanai.  
泣(な)きやまない

Have a fever (X °C)  
netsu ga aru. ( X do)  
熱(ねつ)がある(X度)

Have diarrhea  
Geru o shita  
下痢(げり)をした

Vomited  
Haita  
吐(は)いた

Heart attack  
Shinzoo hossa  
心臓発作(しんぞうほっさ)

0 zero 1 ichi 2 ni 3 san 4 yon 5 go 6 roku 7 nana 8 hachi 9 kyuu 10 jyuu

11 jyuu-ichi, 12 jyuu-ni, 15 Jyuu-go, 20 ni-jyuu, 30 san-jyuu, 45 yon-jyuu-go, 60 roku-jyuu, 100 hyaku, 120 hyaku-nijyu, 200 ni-hyaku, 1000 sen

Emergency  
救急  
kyuu kyuu

I have allergy!  
Arerugii ga arimasu  
アレルギーがあります!

I'm coming (to the hospital) now!  
Ima kara byooin e ikimasu.  
今から(病院(びょういん)へ)行(い)きます!

I'm pregnant  
Ninshin shite imasu  
妊娠(にんしん)しています

I'm breast-feeding  
Junyuu-chuu desu  
授乳中(じゅにゅうちゅう)です

Please take me to the hospital!  
Byooin e tsurete itte kudasai.  
病院(びょういん)へ連(つ)れて行(い)ってください

病院 byooin  
Hospital / Clinic

Ambulance!  
Kyu kyuu sha!  
救急車

ER  
Kyu kyuu byooin  
救急病院

Night clinic  
Yakan shinryoojo  
夜間診療所

Doctor  
Isha/ Ishi  
医者/医師

Nurse  
Kango-shi  
看護師

Anesthesia: 麻酔 masui

Blood transfusion: 輸血 yuketsu

Cardiac compression: 心臓マッサージ shinzoo massaaji

Drug administration: 投薬 touyaku

Examination: 診察 shinsatsu

First aid: 応急処置 ookyuu shochi

Health Insurance Card: 健康保険証 kenkou hoken shou

Hospitalization: 入院 nyuuin

Injection: 注射 chuusha

Intravenous drops: 点滴 tenteki

Reception: 受付 uketsuke

Surgery: 手術 shujutsu

Take a blood sample: 採血 saiketsu

Test: 検査 kensa (blood: ketsueki, Xray: rentogen)

Treatment: 処置 shochi

X days ago X nichi mae Yesterday Kinou Today Kyuu This morning Kesa X hrs ago X jikan mae X min ago X hun mae Now ima

X weeks ago : X shuukan mae

X months ago : X kagetsu mae

X years ago : X nen mae

Sometimes : toki doki

continuously : zutto

regularly : kisoku teki ni

## Your family's health condition

Name: \_\_\_\_\_

Date of birth  
Sei nen gappi  
生年月日

Blood type  
Ketsuekigata  
血液型

Past medical history  
Kiou reki  
既往歴

Allergic, hepatic, cardiac, kidney, digestive disease, etc.

Allergy  
Arerugii  
アレルギー

Food, medication, etc.

Side effect profile  
Fukusayoo  
副作用

Vaccination, medication, etc.

常用薬  
Joobi-yaku  
Current medications

## WaNavi Japan

We provide international residents and their families with critical information and support to live comfortably and confidently in Japan through various services including workshops, networking, navigation, research, and consulting. We also provide meaningful opportunities for Japanese and international residents to interact and build personal ties.

❖ Please visit our website for various workshop info!

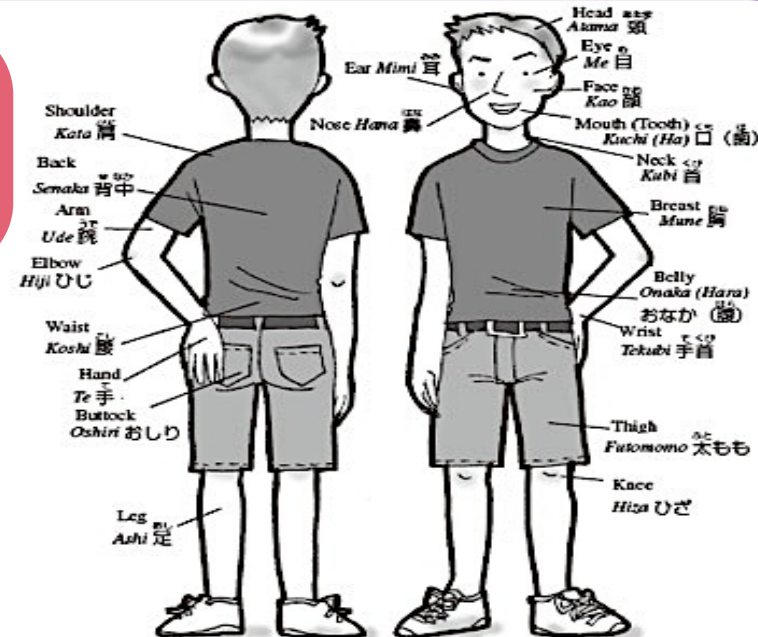
<http://www.wanavi.org/>

❖ "Like" us on Facebook!

<http://www.facebook.com/wanavi.japan1>



Is there anyone who speaks English?  
Eigo o hanaseru hito wa imasuka.  
英語(えいご)を話(はな)せるひとはいますか



### Symptoms (Location)

Have pain in XX  
XX ga itai.  
XXが痛(いた)い

Have swelling in XX  
XX ga harete iru  
XXが腫(は)れている

Bleeding from XX  
XX kara shukketsu shita.  
XXから出血(しゅっけつ)した

Have cut XX.  
XX o kitta.  
XXを切(き)った

Have a rash in XX.  
XX ni shisshin ga dekita.  
XXに湿疹(しっしん)ができた

Have a burn in XX.  
XX o yakedo shita.  
XXをやけどした

### Cause

Ate YY.  
YY o tabeta.  
YYを食(た)べた

Drank YY.  
YY o nonda.  
YYを飲(の)んだ

Swallowed YY.  
YY o nomikonda.  
YYを飲(の)みこんだ

Ate or Drank YY by mistake.  
YY o goin shita.  
YYを誤飲(ごいん)した

Inhaled YY  
YY o suikonda  
YYを吸(す)いこんだ

Choking on YY  
YY ga nodo ni tsumatta  
YYが喉(のど)につまった

Was dispensed medication YY (type of drug)  
YY o nonda / touyaku saretta.  
YYを飲(の)んだ / 投薬(とうやく)された

Bitten by insect/dog/snake/animal  
mushi/inu/hebi/doubutsu ni kamareta.  
虫(むし)/犬(イヌ)/蛇(ヘビ)/動物(どうぶつ)に噛(か)まれた

Stung by insect/bee/jelly fish  
mushi/hachi/kurage ni sasareta.  
虫(むし)/蜂(ハチ)/クラゲに刺(さ)された

Condition was not good  
taichoo ga warukatta  
体調(たいちょう)が悪(わる)かった

Had a traffic accident  
Koutsuu jiko (ni atta)  
交通事故(こうつうじこ)に遭(あ)った

Fell from YY  
YY kara ochita  
YYから落(お)ちた

Tripped  
Koronda  
転(ころ)んだ

Banged/crashed into YY  
YY ni butsukatta  
YYにぶつかった

Can't recall  
Oboete inai  
覚(おぼ)えていない

Can't see any reason  
Omoi atara nai  
思(おも)いあたらない