



choo
toilet



kitanda
bed



kiti
chair



kifaa cha kukuongoza kutembea
mobility aid

ndiyo
yes



mto
pillow



blangeti
blanket



taulo
towel



mashine ya kunyolea
razor



bafu la manyunyu
shower



nawa
wash



piga mswaki
brush teeth



meno bandia
dentures

sijui
I don't know



miwani
glasses



kifaa cha kukusaidia kusikia
hearing aid



pochi
wallet/purse



simu ya mkononi
mobile phone

hapana
no



chakula
food



maji
water



kahawa/chai
coffee/tea

Nafasi ya wazi ya kuandika vitu vyako mwenyewe
Free space to write your own items



nguo
clothes



viatu
shoes



burashi/kitana
brush/comb



Kitambulisho cha Medicare/kukubali
Medicare/concession card

Ninahisi I feel



hasira
angry



sina furaha
unhappy



hofu
worried



furaha
happy



kusisimka
excited



kwenda nje
go outside



kuchoka
tired



maumivu ya kichwa
headache



kizunguzungu
dizzy



mwangaza mkubwa
too bright



njaa
hungry



kiu
thirsty



joto
hot



baridi
cold



sauti kubwa
too loud



maumivu ya kifua
chest pain



kuharisha
diarrhoea



kutapika
vomiting



mkalimani
interpreter

Pale unapohitaji mkalimani, onyesha kwenye picha hii na mfanyakazi atakupatia mmoja bila gharama.

When you need an interpreter, point to this picture and staff will provide you with one at no cost to you.



familia
family



msaada wa kidini
religious support

ndiyo
yes

sijui
I don't know

hapana
no



daktari
doctor



muuguzi
nurse



mkunga
midwife



hali joto
temperature



mhemko
pulse



kipimo cha damu
blood test



eksirei
x-ray



sindano
injection



shinikizo la damu
blood pressure



kidonda
wound



kutokwa damu
bleeding



dawa
medicine



keti(sha)
sit up



simama
stand up

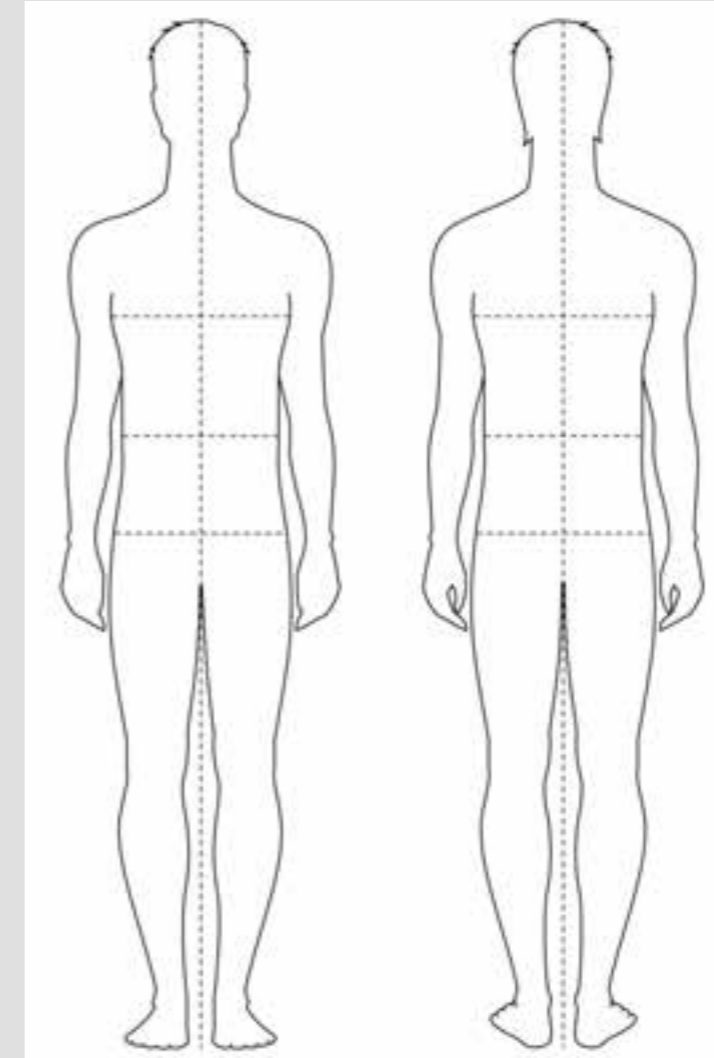


lala chini
lie down



kujizungusha
roll over

Wapi unajisikia maumivu? Where is your pain?



mbele
front

nyuma
back



tarehe
date



saa
time

Kipimo cha maumivu: 0-10

Pain scale: 0-10

- 10 **mabaya zaidi**
worst possible
- 9 **makali sana**
very severe
- 8 **makali**
severe
- 7 **wastani**
moderate
- 6 **kidogo**
mild
- 5 **hakuna maumivu**
no pain

Notes

This tool is for patients who are having difficulty communicating. It is available in English as well as some other languages. It can be used to communicate basic care needs and for simple conversations. The tool can assist communication but **DOES NOT REPLACE THE NEED FOR AN INTERPRETER.**