

DON'T BE AT A LOSS FOR WORDS IN A HEALTH OR MEDICAL EMERGENCY

There is, perhaps, no moment when it is more urgent to communicate effectively than when one has a health problem and is in need of medical assistance. "Thank God I have my health!" It's an old expression that sums up the paramount value of good health. As the second in a series of useful language phrases and expres-

sions, *Tais Timor* offers here a listing, in four languages, of key phrases regarding health and medical concerns. Take some time to learn them, post them at schools, clinics and other sites. At some point, knowing them may prove invaluable to your well-being, or that of others.

Tetun

English

Portuguese

Indonesian

Ha'u hakarak hetan tulun mediku lalais
 Hau sente moras
 Ita boot sente moras oinsa?
 Hospital/klinika iha nebe?
 Hakarak hau bolu doutor ka?
 Hau nia ulun/kabun moras
 Hau dada iis ladun diak
 Hau sente moras iha hirus matan
 Ita boot sente isin manas?
 Ita boot muta beibeik?
 Hau sente oin nakukun
 Ita boot sente laran sa'e?
 Hau nia nehan moras
 Hahu moras horibainhira?
 Hau sente moras semana ida ona
 Labele hanoin barak ita tenke kalma
 Klinika ida nee iha doutor?
 Agora hau sente diak liu tan
 Hau sente aat liu tan
 Favor ida ita prenze reseita ne'e ba hau
 Hau sei sona/fo inijsaun ba ita boot
 Hau tenke hasai nehan ne'e
 Ne'e moras?
 Hau nia isin rua
 Ita boot isin rua?
 Ita boot hemu aimoruk ruma ona?
 Hau iha moras fuan
 Hau moras asmha/malaria
 Hau moras diabetik
 Ita moras malaria ka dengue dala ruma ona?
 Ita boot hemu aimoruk malaria ruma?
 Ita boot presiza ba ospital
 Hau iha problema isin katar
 Ita boot me'ar?
 Hau me'ar ran
 Ita boot kosar bainhira toba?
 Ita tafui me'ar tasak bainhira ita boot me'ar?
 Ita boot nia me'ar tasak akompanha ho ran ka?
 Ita boot hemu aimoruk tradisional ruma?
 Ita boot hetan isin manas no malirin?

I need immediate medical assistance
 I feel sick/ill
 What are your symptoms?
 Where is the hospital/clinic?
 Do you want me to call a doctor?
 I have a head/stomach ache
 I am having trouble breathing
 I have chest pain
 Do you have a fever?
 Have you been vomiting?
 I feel dizzy
 Do you feel nauseous?
 I have a toothache
 When did the pain start?
 I have had pain for a week
 Try to stay calm
 Does the clinic have a doctor?
 I feel better now
 I feel worse
 Please fill this prescription for me
 I will give you an injection
 I must pull out that tooth
 Does that hurt?
 I am pregnant
 Are you expecting a baby?
 Are you taking any medication?
 I have a heart condition
 I am suffering from asthma/malaria
 I am a diabetic
 Have you ever had malaria or dengue?
 Do you take malaria pills?
 You need to go to the hospital
 I have an itching problem
 Are you coughing?
 I am coughing blood
 Do you have night sweats?
 Do you produce mucus when you cough?
 Do your sputum(mucus) contain blood?
 Are you taking any traditional treatment?
 Do you get fever and chills?

Preciso de assistência médica com urgência
 Estou-me a sentir mal/doente
 Quais são os sintomas?
 Onde é o hospital/clínica?
 Quer que eu chame um médico?
 Tenho uma dor-de-cabeça/estômago
 Não consigo respirar
 Tenho dores no peito
 Tem febre?
 Tem vomitado?
 Estou com tonturas
 Sente náusea?
 Tenho dor-de-dentes
 Quando é que a dor começou?
 Tenho dores há uma semana
 Tente acalmar-se
 Esta clínica tem médicos?
 Já me sinto melhor
 Sinto-me pior
 Por favor, pode preencher esta receita
 Vou dar-lhe uma injeção
 Tenho que arrancar esse dente
 Está a doer?
 Estou grávida
 Está à espera de bebé?
 Está a tomar algum remédio?
 Tenho uma doença cardíaca
 Eu sofro de asma/malária
 Sou diabético
 Alguma vez teve malária ou dengue?
 Está a tomar remédios contra a malária?
 Precisa de ir para o hospital
 Estou com comichão
 Tem tosse?
 Estou a tossir sangue
 Sua muito à noite?
 Tem expectoração quando tosse?
 A expectoração tem sangue?
 Está a tomar algum remédio tradicional?
 Sente febre ou calafrios?

Saya membutuhkan bantuan medis secepatnya
 Saya merasa sakit
 Bagaimana gejala sakit anda
 Dimana rumah sakit/klinik
 Anda mau saya panggil dokter
 Saya merasa kepala/perut sakit
 Saya susah bernafas
 Saya merasa sakit di dada
 Anda merasa badan panas
 Anda merasa mual dan munta
 Saya merasa pusing
 Saya merasa mual
 Gigi saya sakit
 Kapan anda merasa gigi anda sakit?
 Saya merasa sakit sudah satu minggu
 Jangan banyak pikiran, harus sabar
 Apakah di klinik ini ada dokter?
 Sekarang saya sudah merasa lebih baik
 Saya merasa lebih buruk
 Mohon anda memberikan resep obat ini kepada saya
 Saya akan menyuntik anda
 Saya akan mencabut keluar gigi itu
 Sakit?/Anda merasa sakit?
 Saya hamil/Saya sudah hamil
 Apakah anda sedang hamil?
 Apakah anda sudah melakukan pemeriksaan?
 Saya menderita penyakit jantung
 Saya menderita penyakit asma/malaria
 Saya penderita diabetes
 Apakah anda menderita malaria atau demam berdarah?
 Apakah anda sudah minum obat malaria?
 Anda perlu pergi ke rumah sakit
 Saya ada penyakit kulit (gatal).
 Apakah anda batuk?
 Saya menderita batuk berdarah
 Apakah anda berkeringat waktu tidur?
 Apakah anda mengeluarkan lendir ketika batuk?
 Apakah lendir anda disertai darah?
 Apakah anda sedang menjalani pengobatan tradisional?
 Apakah anda menderita penyakit panas dan mengigil?