GAYTHER
LGBTQ TOGETHER

www.gayther.com

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GDI282021-05

MEDICAL DIAGNOSIS INTERPRETER

Point, mark, translate & communicate +

AROUND SWITZERLAND

Edition

GAYTHER
— LGBTQ TOGETHER —

In our hour of need, our words and how we communicate can be the difference between life and death. Quickly express how you are feeling to get the help and support you need.

Stay safe, protected and return home safely

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Conversion Table

MASS

microgram (mcg) / miligram (mg) / gram (g)

500mcg	0.5mg
600mcg	0.6mg
700mcg	0.7mg
800mcg	0.8mg
900mcg	0.9mg
1mg	0.001g
500mg	0.5g
600mg	0.6g
700mg	0.7g
800mg	0.8g
900mg	0.9g
1g	1g

VOLUME

teaspoon (tsp) / tablespoon (tbsp) / millilitre (ml) / litre (l)

1 tsp	6ml
1 tbsp	3tsp or 15ml
100ml	0.1l
200ml	0.2l
300ml	0.3l
400ml	0.4l
500ml	0.5l
600ml	0.6l
700ml	0.7l
800ml	0.8l
900ml	0.9l
1l	1l

TEMPERATURE

celsius (°C) / fahrenheit (°F)

38°C	100.4°F	41.5°C	106.7°F
38.5°C	101.3°F	42°C	107.6°F
39°C	102.2°F	42.5°C	108.5°F
39.5°C	103.1°F	43°C	109.4°F
40°C	104°F	43.5°C	110.3°F
40.5°C	104.9°F	44°C	111.2°F
41°C	105.8°F	44.5°C	112.1°F

H EMERGENCY CONTACTS

notfallkontakt | personne à contacter en cas d'urgence | contatto di emergenza

In the event of an emergency, please contact any of the individuals, insurance companies or other services/providers listed in the sections below. When completing this section, please ensure that you use **BLOCK CAPITALS** (e.g. ABC)

CONTACT

kontakt-details | détails du contact | dettagli del contatto

NAME

name | prénom | nome

TELEPHONE NUMBER

telefonnummer | numéro de téléphone | numero di telefono

\+ ( ) -

(e.g. 1 - United States)

COUNTRY CODE

landesvorwahl | code postal | prefisso internazionale

NUMBER

nummer | nombre | numero

INSURANCE

versicherung | assurance | assicurazione

COMPANY

unternehmen | compagnie | azienda

POLICY NUMBER

versicherungsnummer | numéro de police | numero di polizza

OTHER

andere | autre | altro

I NEED HELP..

ich brauche hilfe | j'ai besoin d'aide | ho bisogno di aiuto

EMERGENCY

notfall | urgence | emergenza

DOCTOR

arzt | docteur | medico

MEDICAL TREATMENT

medizinische behandlung | traitement médical | trattamento medico

HOSPITAL

krankenhaus | hôpital | ospedale

The information contained in this document is classified as personal and sensitive and should be kept safe at all times. The information should only be viewed by the owner (detailed in Section A), medical professionals or whomever the owner gives expressed permission. In the scenario that this document has been lost and is found, please contact

\+ ( ) -

(e.g. 1 - United States)

COUNTRY CODE

landesvorwahl | code postal | prefisso internazionale

NUMBER

nummer | nombre | numero

3

THREE ELEMENTS OF INFORMATION THAT COULD SAVE YOUR LIFE

When in need of medical assistance, receiving treatment or in the event of an emergency, getting help is crucial. Communicating your current state of health, allergies or pre-existing medical conditions quickly to a medical professional can be a matter of life and death. This situation can be made worse when travelling and speaking to non-native English speakers. Medically trained individuals can provide you with the urgent care you need but who might be struggling to understand what is being explained to them. To help you in this situation, we created the Medical Diagnosis Interpreter (MDI).

The MDI is an innovative way in which you only need to point or mark how you are thinking and feeling, using the many illustrations and translated terms. The tool enables the medical professional to use what is being shown to them to help them diagnose any underlining problems. The MDI is grouped in logical sections. Some can be completed before seeking medical attention (sections A, B, C, D and H). The remaining sections can be used during an emergency (section E, F and G). All of the vital information needed to help the medical professional make an informed diagnosis. A diagnosis that will ultimately help in treating the condition, virus or illness.

A successful diagnosis typically requires three elements of crucial information: -

- Details of any pains, conditions or symptoms you have been experiencing, what hurts, where and for how long
- Any medications you have already taken and how long ago
- Any allergies, pre-existing conditions and important information about you to help with the diagnosis and treatment

DRUGS / MEDICATION USED G

medizin verwendet | médicament utilisé | medicina usata

PAIN | SYMPTOM | MEDICATION | DURATION | MEASUREMENT

MINUTES | HOURS | WEEKS | MONTHS | HUNDREDS | THOUSANDS

Any medications taken in the past 24 hours

PARACETAMOL

paracetamol | paracétamol | paracetamolo

IBUPROFEN

ibuprofen | ibuprofène | ibuprofene

CANNABIS

cannabis | cannabis | canapa

ANTIBIOTICS

antibiotika | antibiotiques | antibiotici

ASPIRIN

aspirin | aspirine | aspirina

OTHER

(tsp) teaspoon	teelöffel | cuillère à café | cucchiaino
(tbsp) tablespoon	esslöffel | cuillerée à soupe | cucchiaio
(ml) millilitre	milliliter | millilitre | millilitro
(l) litre	liter | litre | litro
(mcg) microgram	mikrogramm | microgramme | microgrammo
(mg) milligram	milligramm | milligramme | milligrammo
(g) gram	gramm | gramme | grammo
(-) other	andere | autre | altro

F SYMPTOMS

symptom | symptôme | sintomo

1	2	3	4	5	6	7	8	9	10
ONE	TWO	THREE	FOUR	FIVE	SIX	SEVEN	EIGHT	NINE	TEN

TREMBLING / TINGLING

zittern / kribbeln | tremblements / picotements | tremante / formicolio

LOSS OF BALANCE

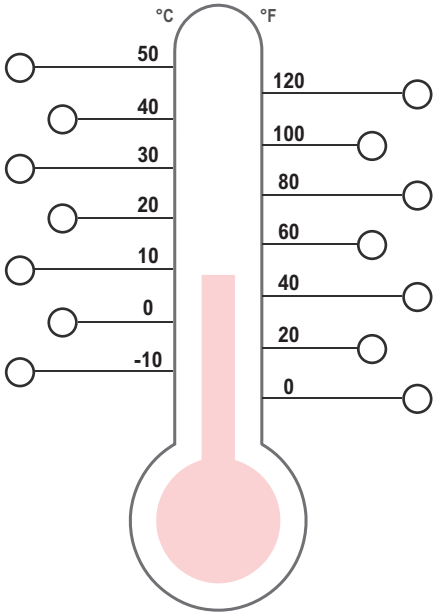
instabil / gleichgewichtsverlust | instable / perte d'équilibre | instabile / perdita di equilibrio

VOMIT / NAUSEA

erbrechen / übelkeit | vomissements / nausées | vomito / nausea

WEAK / LACK OF ENERGY

schwach / energiemangel | faible / manque d'énergie | debole / mancanza di energia



HIGH TEMPERATURE

hohe temperatur | haute température | alta temperatura

OTHER

ABOUT THE AROUND SWITZERLAND EDITION

The around Switzerland edition uses translated terms for three of the most common and spoken languages in Switzerland. The information below outlines all of the featured languages and the regions in which they are spoken

FLAG	LANGUAGE	LANGUAGE SPOKEN IN
	German (de)	Cantons of Aargau, Appenzell Ausserrhoden, Appenzell Innerrhoden, Basel-Landschaft, Basel-Stadt, Bern, Fribourg, Glarus, Graubünden; Grisons, Luzern, Nidwalden, Obwalden, Schaffhausen, Schwyz, Solothurn, St. Gallen, Thurgau, Uri, Valais, Zug, Zürich
	French (fr)	Cantons of Bern, Fribourg, Geneva, Jura, Neuchâtel, Valais, Vaud
	Italian (it)	Cantons of Graubünden; Grisons, Ticino

A PERSONAL INFORMATION

persönliche angaben | informations personnelles | informazione personale

NAME

name | prénom | nome

NATIONALITY

staatsangehörigkeit | nationalité | nazionalità

AGE

alter | âge | età

GENDER

geschlecht | le genre | genere

MALE	FEMALE	OTHER
männlich | mâle | maschio	weiblich | femelle | femmina	andere | autre | altro

SPECIAL REQUIREMENTS

besondere anforderungen | besoins spéciaux | requisiti speciali

BLIND	DEAF	MUTE	NOT APPLICABLE
unable or have difficulty seeing	unable or have difficulty hearing	unable or have difficulty speaking	
blind (unfähig oder schwer zu sehen) | aveugle (incapable ou ayant du mal à voir) | cieco (incapace o con difficoltà a vedere)	gehörlos (unfähig oder schwerhörig) | sourd (incapable ou ayant des difficultés à entendre) | sordo (incapace o con difficoltà di udito)	stumm (nicht in der lage oder schwer zu sprechen) | muet (incapable ou a du mal à parler) | muto (incapace o con difficoltà a parlare)	unzutreffend | n'est pas applicable | non applicabile

PAIN | SYMPTOM | MEDICATION | DURATION | MEASUREMENT

MINUTES | HOURS | WEEKS | MONTHS

I feel or have...

ich fühle oder habe | je ressens ou j'ai | sento o ho

ACHES / PAINS	**ANXIETY**	**BLURRED / FOGGY**
schmerzen | aches / pains | dolori / dolori	angst | anxiété | ansia	verschwommen / neblig | flou / brumeux | sfocato / nebbioso
BROKEN / STRAINED	**BURNS**	**CHILLS / SHIVERING**
gebrochen / angespannt | cassé / tendu | rotto / teso	brennt | brûlures | ustioni	schüttelfrost / zittern | frissons / frissons | brividi / brividi
CONFUSED	**COUGH**	**DRY / THIRSTY**
verwirrt | confus | confuso	husten | toux | tosse	trocken / durstig | sec / assoiffé | secco / assetato
FATIGUE / DROWSY	**IRRITABLE**	**LIGHTHEADED / DIZZY**
müdigkeit / schläfrigkeit | fatigue / somnolence | stanchezza / sonnolenza	reizbar | irritable | irritabile	benommenheit / schwindel | étourdi / étourdi | vertigini / vertigini
LOSS OF APPETITE	**LOSS OR SHORT OF BREATH**	**RASH / ITCHY**
appetitverlust | perte d'appétit | perdita di appetito	verlust oder atemnot | perte ou essoufflement | perdita o mancanza di respiro	hautausschlag / juckreiz | éruption cutanée / démangeaisons | eruzione cutanea / prurito
SORE / SWOLLEN	**SWEATING / WARM**	
wund / geschwollen | douloureux / enflé | dolorante / gonfio	sweating / warm | transpiration / chaud | sudorazione / caldo	

F SYMPTOMS

symptom | symptôme | sintomo

1	2	3	4	5	6	7	8	9	10
ONE	TWO	THREE	FOUR	FIVE	SIX	SEVEN	EIGHT	NINE	TEN

I cannot...

ich kann nicht | je ne peux pas | non posso

BREATH

atem | souffle | respiro

SWALLOW

schlucken | avaler | ingoiare

SMELL

geruch | odeur | odore

TASTE

geschmack | goût | gusto

SEE / VISION

sehen / sehen | see / vision | vedere / visione

HEAR

hören | entendre | sentire

FEEL

fühlen | ressentir | sentire

PASS URINE

urin geben | passer l'urine | urinare

PASS A BOWEL

einen darm passieren | passer un intestin | passare un intestino

MOVE

bewegung | bouge toi | mossa

WALK

gehen | marche | camminare

TALK

sich unterhalten | parler | parlare

LIFT

aufzug | ascenseur | sollevamento

ALLERGIES

allergien | allergies | allergie

for detailed allergies see section B

YES

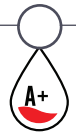
ja | oui | sì

NO

nein | non | no

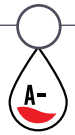
BLOOD GROUP

blutgruppe | groupe sanguin | gruppo sanguigno



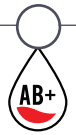
A POSITIVE

a positiv | un positif | un positivo



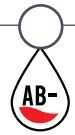
A NEGATIVE

ein negativ | un négatif | a negativo



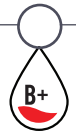
AB POSITIVE

ab positive | ab positif | ab positivo



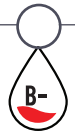
AB NEGATIVE

ab negative | ab négatif | ab negativo



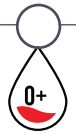
B POSITIVE

b positiv | b positif | b positivo



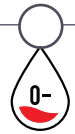
B NEGATIVE

b negativ | b négatif | b negativo



O POSITIVE

o positiv | o positif | o positivo



O NEGATIVE

o negativ | o négatif | o negativo

UNKNOWN

unbekannt | inconnu | sconosciuto

B ALLERGIES

allergien | allergies | allergie

Please mark or tick (✓) -all of the allergies you have or have had in the past. Any allergies you may have can have a severe impact on any treatment or medication you receive.

☐ PENICILLIN	☐ ASPIRIN	☐ CHEMICAL
penicillin | pénicilline | penicillina	aspirin | aspirine | aspirina	chemisch | chimique | chimico
☐ POLLEN	☐ DUST	☐ MOULD
pollen | pollen | polline	staub | poussière | polvere	schimmel | moule | muffa
☐ ANIMALS	☐ FISH	☐ DAIRY
tier | animal | animale	fisch | poisson | pesce	molkerei | laitier | latteria
☐ NUTS	☐ BITE	☐ STING
nüsse | des noisettes | noccioline	beißen | mordre | morso	stachel | piquer | puntura

☐ OTHER

BACK

zurück | arrière | indietro

☐ PAIN	☐ SYMPTOM	☐ MEDICATION	☐ DURATION	☐ MEASUREMENT
☐ MINUTES	☐ HOURS	☐ WEEKS	☐ MONTHS	

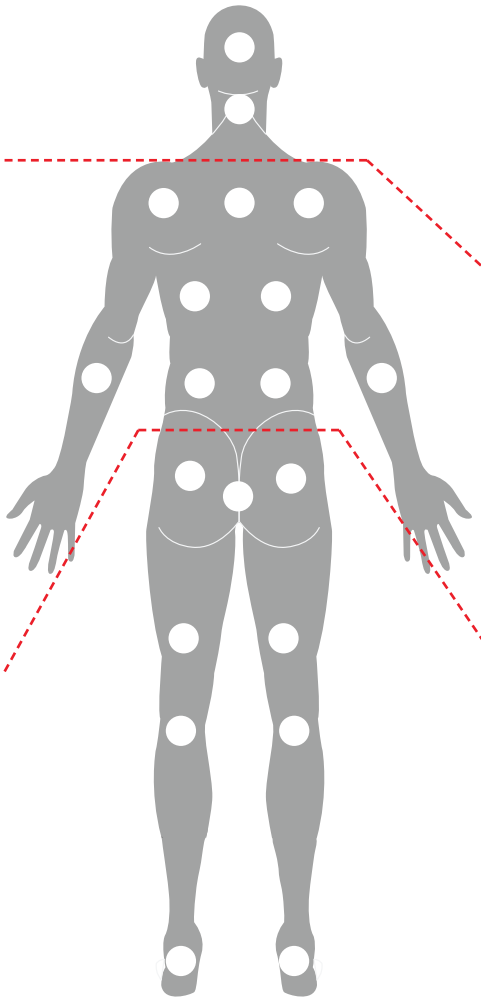
○ THROAT	○ TOOTH	○ NECK	○ GLAND
kehle | gorge | gola	zahn | dent | dente	hals | cou | collo	drüse | glande | ghiandola
○ BREAST	○ SPINE	○ ARM	○ HAND
brust | sein | seno	rücken | colonne vertébrale | colonna vertebrale	arm | bras | braccio	hand | main | mano
○ THIGH	○ HIP	○ FOOT	○ TOE
schenkel | cuisse | coscia	hüfte | hanche | anca	fuß | pied | piede	zehe | doigt de pied | dito del piede

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

E PAIN

schmerz | douleur | dolore

1	2	3	4	5	6	7	8	9	10
ONE	TWO	THREE	FOUR	FIVE	SIX	SEVEN	EIGHT	NINE	TEN



SKULL

schädel | crâne | cranio

BRAIN

gehirn | cerveau | cervello

SKIN

haut | peau | pelle

KIDNEYS

nieren | reins | reni

BUTTOCKS

gesäß | fesses | natiche

RECTUM

anus | anus | ano

PRE-EXISTING CONDITIONS C

präexistieren | préexister | preesistono

Please mark or tick (✓) all of the pre-existing medical conditions you have or may have had in the past. If applicable, please circle (O) the relevant type or stage

CANCER

1 | 2 | 3 | 4

krebs | cancer | cancro

DIABETES

1 | 2

diabetes | diabète | diabete

LEUKAEMIA

1 | 2 | 3 | 4

leukämie | leucémie | leucemia

PREGNANCY

0-3 | 4-6 | 7-9

schwangerschaft | grossesse | gravidanza

ASTHMATIC

ASTHMA | COPD

asthmatiker | asthmatique | asmatico

LUPUS

SLE | CLE | DLE

lupus | lupus | lupus

HIV / AIDS

hiv / aids | vih / sida | hiv / aids

EPILEPSY

epilepsie | épilepsie | epilessia

MENTAL HEALTH

psychische gesundheit | santé mentale | salute mentale

HEART DISEASE

herzkrankheit | maladie cardiaque | malattia del cuore

HIGH CHOLESTEROL

hoher cholesterinspiegel | taux de cholestérol élevé | colesterolo alto

HIGH BLOOD PRESSURE

blutdruck | tension artérielle | pressione sanguigna

OTHER

D MEDICATION

medikation | des médicaments | medicazione

Please list all of the medications that you frequently take concerning your allergies or pre-existing conditions. Medical professionals must be made aware of any medications that you may take as it will affect decisions relating to any medication prescribed when you seek treatment

MEDICATION	FREQUENCY	MEASUREMENT
medikation | des médicaments | medicazione	frequenz | la fréquence | frequenza	messung | la mesure | misurazione

1		HOURLY | DAILY	TSP | TBSP | MCG | MG | G | ML | L
2		HOURLY | DAILY	TSP | TBSP | MCG | MG | G | ML | L
3		HOURLY | DAILY	TSP | TBSP | MCG | MG | G | ML | L
4		HOURLY | DAILY	TSP | TBSP | MCG | MG | G | ML | L
5		HOURLY | DAILY	TSP | TBSP | MCG | MG | G | ML | L
6		HOURLY | DAILY	TSP | TBSP | MCG | MG | G | ML | L

hourly | stündlich | toutes les heures | ogni ora
daily | täglich | du quotidien | quotidiano

tsp | teelöffel | cuillère à café | cucchiaino
tbsp | esslöffel | cuillerée à soupe | cucchiaio
mcg | mikrogramm | microgramme | microgrammo
mg | milligramm | milligramme | milligrammo
g | gramm | gramme | grammo
ml | milliliter | millilitre | millilitro
l | liter | litre | litro

FRONT

vorderseite | de face | davanti

PAIN | SYMPTOM | MEDICATION | DURATION | MEASUREMENT

MINUTES | HOURS | WEEKS | MONTHS

NOSE

nase | nez | naso

EAR

ohr | oreille | orecchio

MOUTH

mund | bouche | bocca

TONGUE

zunge | langue | lingua

SHOULDER

schulter | épaule | spalla

CHEST

brust | poitrine | il petto

LIVER

leber | foie | fegato

STOMACH

bauch | estomac | stomaco

LEG

bein | jambe | gamba

PELVIS

becken | bassin | bacino

ANKLE

knöchel | cheville | caviglia

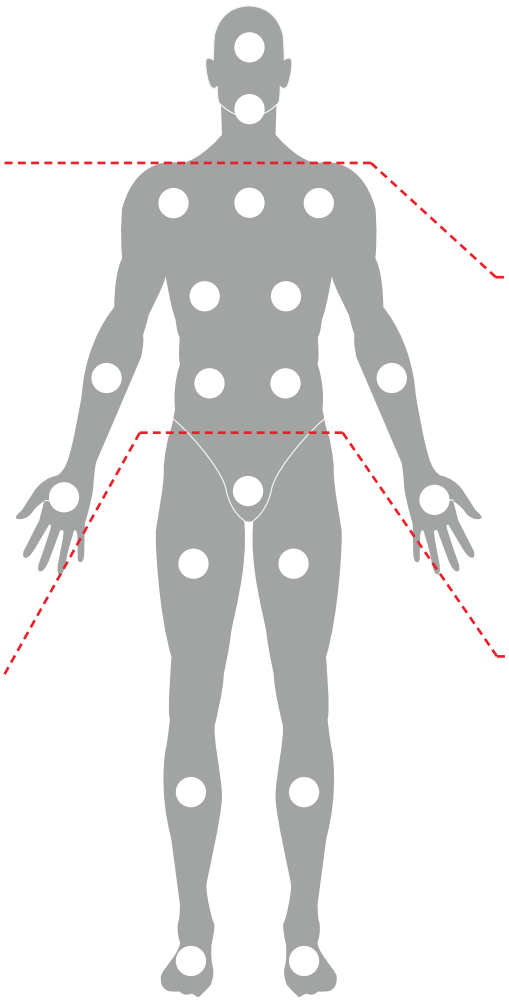
HEEL

hacke | talon | tacco

E PAIN

schmerz | douleur | dolore

1	2	3	4	5	6	7	8	9	10
ONE	TWO	THREE	FOUR	FIVE	SIX	SEVEN	EIGHT	NINE	TEN



HEAD

kopf | tête | capo

EYE

auge | œil | occhio

HEART

herz | cœur | cuore

LUNG

lunge | poumon | polmone

VAGINA

vagina | vagin | vagina

PENIS

penis | pénis | pene

DURING AN EMERGENCY

während eines notfalls | en cas d'urgence | durante un'emergenza

The following sections have been designed to help you communicate any pains, symptoms you are experiencing or any medication you have taken when speaking to a medical professional. You can either point or mark the relevant boxes, describing your symptoms quickly and easily using the Medical Diagnosis Interpreter (MDI).

HOW TO COMMUNICATE

Communicating in a four-step process, let us start by going to section E or the areas of pain to begin

Step 1 - Please go to the numbers bar at the top of section E, where you can either point or tick (✓) the number of pains you are experiencing. One for a single area of pain, two for the second pain and so on

Step 2 – When ready to describe your first or only pain, you can either point or tick the region of the body (front or back) or specific body parts where the pain is located. When you have finished highlighting all of the areas, you can either point to the stop or next marker if you have more than one pain. Both markers can found at the top right-hand side of the page

Step 3 – Next, you will need to indicate how long you have been experiencing the pain. You do this by selecting the duration marker, followed by the minutes, hours or days markers (for example, 10 + minutes). If you are trying to describe multiples, such as 30 minutes, you could point to the ten marker three times (e.g., 10 plus 10 plus 10), followed by the minute marker

Step 4 – Finally, we will highlight the pain level on a scale from 1 to 10. If you are suffering multiple pains, go back to the beginning of section E, select two from the number scale to describe the subsequent pain and so on.

You will follow a similar process for symptoms (section F) and any drugs/medication taken (section G). In the medication taken section, you will also be required to use the numbering system to describe measurements, such as 1 + 2 + thousand + mg, which would represent one 2000mg tablet)

Important: During an emergency, you must convey areas of pain, symptoms and any drugs or medication you have taken quickly and efficiently. If a pain, symptom or drug/medication is not listed, write it within the relevant 'other' box, remembering to use BLOCK CAPITAL letters. Providing any information that is not listed helps the medical professional to look it up and translate the terms quickly to form a diagnosis

KEY

1	2	3	4	5	6	7	8	9	10
ONE	TWO	THREE	FOUR	FIVE	SIX	SEVEN	EIGHT	NINE	TEN
eins un uno	zwei deux due	drei trois tre	vier quatre quattro	fünf cinq cinque	sechs six sei	sieben sept sette	acht huit otto	neun neuf nove	zehn dix dieci

PAIN	schmerz | douleur | dolore	HOURS	stunde | heure | ora
SYMPTOM	symptom | symptôme | sintomo	WEEKS	woche | la semaine | settimana
MEDICATION	medikation | des médicaments | medicazione	MONTHS	monat | mois | mese
DURATION	dauer | durée | durata	HUNDREDS	hundert | cent | centinaio
MEASUREMENT	messung | la mesure | misurazione	THOUSANDS	tausend | mille | mille
MINUTES	minute | minute | minuto		

German (de)
French (fr)
Italian (it)