



MEDICAL DIAGNOSIS INTERPRETER



Point, mark, translate & communicate +



www.gayther.com

Gayther is the trading name of Ovester Limited, a company registered in England and Wales under registration number 06250776, and our registered office is at 2 Ambleside Avenue, London, SW16 6AD, United Kingdom. Our principal place of business is at Ovester, Kemp House, 152-160 City Road, London, EC1V 2NX, United Kingdom.

GDI282021-05

CENTRAL EUROPE

Edition





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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All of the phrases and terms used in this document are literal translations and have not been validated or verified by a native speaker. All of the illustrations and terms have been designed to support and aid conversations, and any diagnosis carried out by a medical professional. The Medical Diagnosis Interpreter (MDI) is designed for illustrative purposes only and does not constitute advice. Though we have endeavoured to ensure that all of the information used is up-to-date, we do not provide any guarantees to the accuracy and completeness of any information contained within the MDI. By using the MDI you accept you are doing so at your own risk.

Conversion Table

MASS	
microgram (mcg) / milligram (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

I NEED HELP..

nouzový kontakt | notfallkontakt | vész esetén értesítendő | núdzový kontakt

potřebuji pomoci | ich brauche hilfe | segítségre van szükségem | potrebujem pomoc

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

kontaktní údaje | kontakt-details | elérhetőségeit | kontaktné údaje

NAME název name név názov											
TELEPHONE NUMBER telefonní číslo telefonnummer telefonszám telefónne číslo											
+				-							
<i>(e.g. 1 - United States)</i>											
COUNTRY CODE kód země landesvorwahl ország kód kód krajiny				NUMBER číslo nummer szám číslo							

INSURANCE

pojištění | versicherung | biztosítás | poistenie

COMPANY společnost unternehmen vállalat spoločnosť											
POLICY NUMBER číslo politiky versicherungsnummer kötvényszám číslo politiky											

OTHER

jiny | andere | más | ostatné



EMERGENCY

nouzový | notfall | vészhelyzet |
núdzový



DOCTOR

doktor | arzt | orvos | lekář



MEDICAL TREATMENT

lékařské ošetření | medizinische
behandlung | orvosi kezelés |
lekárske ošetrovanie



HOSPITAL

nemocnice | krankenhaus | kórház |
nemocnica

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

NUMBER

kód země |
landesvorwahl | ország
kód | kód krajiny

číslo | nummer | szám | číslo

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 underlying 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

použitý lék | medizin verwendet | használt gyógyszer | použitý liek

PAIN <input type="checkbox"/>	SYMPTOM <input type="checkbox"/>	MEDICATION <input type="checkbox"/>	DURATION <input type="checkbox"/>	MEASUREMENT <input type="checkbox"/>	
MINUTES <input type="checkbox"/>	HOURS <input type="checkbox"/>	WEEKS <input type="checkbox"/>	MONTHS <input type="checkbox"/>	HUNDREDS <input checked="" type="checkbox"/>	THOUSANDS <input type="checkbox"/>

Any medications taken in the past 24 hours

<input type="checkbox"/> PARACETAMOL paracetamol paracetamol paracetamol paracetamol	<input type="checkbox"/> IBUPROFEN ibuprofen ibuprofen ibuprofen ibuprofen	<input type="checkbox"/> CANNABIS konopí cannabis kender konope
<input type="checkbox"/> ANTIBIOTICS antibiotika antibiotika antibiotikumok antibiotiká	<input type="checkbox"/> ASPIRIN aspirin aspirin aszpirin aspirin	
<input type="checkbox"/> OTHER _____ _____ _____		

(tsp)

 teaspoon
 čajová lžička | teelöffel | teáskanál | čajová lyžička

(tbsp)

 tablespoon
 lžíce | esslöffel | evőkanál | lyžice

(ml)

 millilitre
 millilitru | milliliter | milliliter | milliliter

(l)

 litre
 litr | liter | liter | liter

(mcg)

 microgram
 mikrogram | mikrogramm | mikrogramm | mikrogram

(mg)

 milligram
 miligram | milligramm | milligramm | miligram

(g)

 gram
 gram | gramm | gramm | gram

(-)

 other
 jiný | andere | más | ostatné



příznak | symptom | tünet | symptom

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

TREMLING / TINGLING



třes / brnění | zittern /
kribbeln | remegés /
bizsergés | chvenie /
brnenie

LOSS OF BALANCE



nestabilní / ztráta
rovnováhy | instabil /
gleichgewichtsverlust |
bizonytalan / az
egyensúly elvesztése |
nestabilný / strata
rovnováhy

VOMIT / NAUSEA

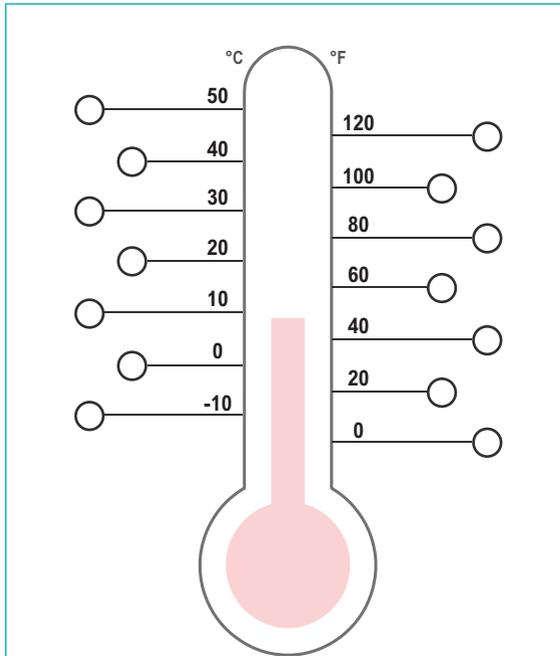


zvracet / nevoľnosť |
erbrechen / übelkeit |
hányás / hányinger |
zvracanie / nevoľnosť

WEAK / LACK OF ENERGY



slabý / nedostatok
energie | schwach /
energiemangel | gyenge
/ energiahány | slabý /
nedostatok energie



HIGH TEMPERATURE

vysoká teplota | hohe temperatur | magas hőmérsékletű |
vysoká teplota

OTHER

.....

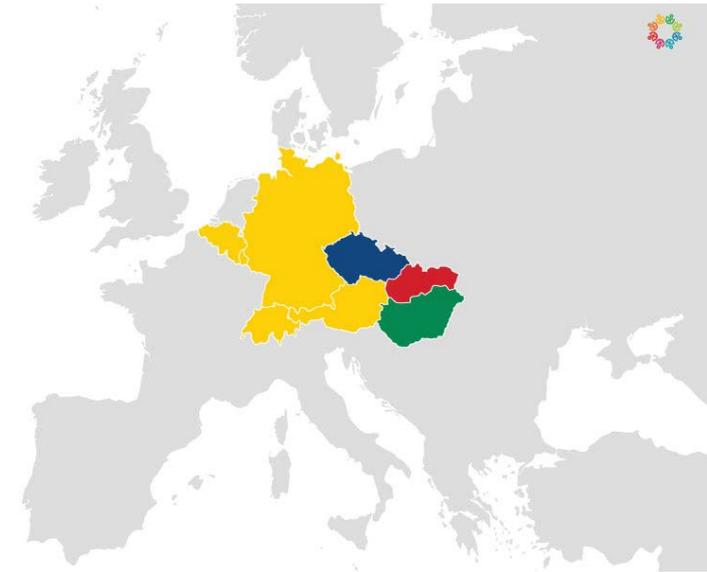
.....

.....

.....

ABOUT THE CENTRAL EUROPE EDITION

The Central Europe edition uses translated terms for four of the most common and spoken languages in that area or region. The information below outlines all of the featured languages and the countries in which they are spoken



FLAG	LANGUAGE	LANGUAGE SPOKEN IN
	Czech (cz)	Czech Republic
	German (de)	Austria, Belgium, Germany, Liechtenstein, Luxembourg, Switzerland
	Hungarian (hu)	Hungary
	Slovak (sl)	Slovakia

A PERSONAL INFORMATION

osobní informace | persönliche angaben | személyes adat | osobné informácie

NAME

název | name | név |
názov

NATIONALITY

národnost |
staatsangehörigkeit |
állampolgárság |
národnosť

AGE

stáří | alter | kor |
vek

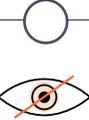
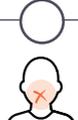
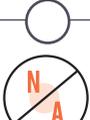
GENDER

pohlaví | geschlecht | nem | rod

		
MALE	FEMALE	OTHER
mužský männlich férfi muž	ženský weiblich női žena	jiný andere más ostatné

SPECIAL REQUIREMENTS

speciální požadavky | besondere anforderungen | speciális követelmények | speciálne požiadavky

			
BLIND unable or have difficulty seeing	DEAF unable or have difficulty hearing	MUTE unable or have difficulty speaking	NOT APPLICABLE
slepý (neschopný nebo mít potíže s viděním) blind (unfähig oder schwer zu sehen) vak (képtelen vagy nehéz látni) slepý (neschopný alebo ťažko viditeľný)	neslyšící (neslyšící nebo mají potíže se sluchem) gehörlos (unfähig oder schwerhörig) süket (nem képes vagy nehezen hallja) nepočujúci (neslyšící alebo majú ťažkosti so sluchom)	ztlumit (neschopné nebo obtížné mluvit) stumm (nicht in der lage oder schwer zu sprechen) némitás (képtelen vagy nehéz beszélni) stlmit' (nedokáže alebo má ťažkosti s rozprávaním)	nepoužije se unzutreffend nem alkalmazható nepoužitelné



PAIN

SYMPTOM

MEDICATION

DURATION

MEASUREMENT

MINUTES

HOURS

WEEKS

MONTHS

I feel or have...

cítím se nebo mám | ich fühle oder habe | érzem vagy van | cítim sa alebo mám

 ACHES / PAINS	 ANXIETY	 BLURRED / FOGGY
bolesti / bolesti schmerzen fájdalom boleť / bolest'	úzkost angst szorongás úzkost'	rozmazané / mlhavé verschwommen / neblig homályos / ködös rozmazané / hmlové
 BROKEN / STRAINED	 BURNS	 CHILLS / SHIVERING
zložený / napjatý gebrochen / angespannt törött / feszült zložený / napnutý	popáleniny brennt égések popáleniny	zimnice / chvění schüttelfrost / zittern hidegrázás / remegés zimnica / triaška
 CONFUSED	 COUGH	 DRY / THIRSTY
zmatený verwirrt zavaros zmätény	kašel husten köhögés kašel'	suchý / žízeň trocken / durstig száraz / szomjas suchý / smädny
 FATIGUE / DROWSY	 IRRITABLE	 LIGHTHEADED / DIZZY
únava / ospalost müdigkeit / schläfrigkeit fáradtság / álmos únava / ospalost'	dráždivý reizbar ingerlékeny dráždivý	bezhlavý / závratě benommenheit / schwindel fejfájás szédülés bezhlavý / závraty
 LOSS OF APPETITE	 LOSS OR SHORT OF BREATH	 RASH / ITCHY
ztráta chuti k jídlu appetitverlust étvágytalanság strata chuti do jedla	ztráta nebo dech verlust oder atemnot veszteség vagy légszomj strata alebo dýchanie	vyrážka / svědění hautausschlag / juckreiz kiütés / viszketés vyrážka / svrbenie
 SORE / SWOLLEN	 SWEATING / WARM	
bolavé / oteklé wund / geschwollen fájó / duzzadt boľavé / opuchnuté	pocení / teplo sweating / warm izzadáás / meleg potenie / teplo	

F SYMPTOMS



příznak | symptom | tünet | symptom

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

I cannot...

nemohu | ich kann nicht | nem tudok | nemőzem

<input type="checkbox"/> BREATH	<input type="checkbox"/> SWALLOW	<input type="checkbox"/> SMELL
 dech Atem lehelet dych	 polykat schlucken fecske prehltnúť	 čich geruch szag vőha
<input type="checkbox"/> TASTE	<input type="checkbox"/> SEE / VISION	<input type="checkbox"/> HEAR
 chuť geschmack íz prichuť	 vidět vize sehen / sehen látás / látás videnie / videnie	 slyšet hören hall počuť
<input type="checkbox"/> FEEL	<input type="checkbox"/> PASS URINE	<input type="checkbox"/> PASS A BOWEL
 cítiť fühlen érez cítiť	 moč urin geben átadja a vizeletet moč	 projít střevem einen darm passieren át egy bél prejsť črevom
<input type="checkbox"/> MOVE	<input type="checkbox"/> WALK	<input type="checkbox"/> TALK
 hýbat se bewegung mozog s'ahovať	 procházka gehen séta chődza	 mluvit sich unterhalten beszélgetés rozprávať
<input type="checkbox"/> LIFT		
 výtah aufzug emel výtah		

ALLERGIES

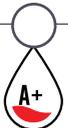
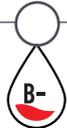
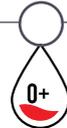
for detailed allergies see section B

alergie | allergien | allergia | alergie

<input type="checkbox"/> YES	<input type="checkbox"/> NO
 ano ja igen áno	 ne nein nem žiadny

BLOOD GROUP

krvni skupina | blutgruppe | vércsoport | krvná skupina

 A POSITIVE pozitívni a positiv egy pozitív a pozitívne	 A NEGATIVE a negativni ein negativ a negativ a negativne	 AB POSITIVE ab pozitívni ab positive ab pozitív ab pozitívne	 AB NEGATIVE ab negativni ab negative ab negativ ab negativne
 B POSITIVE b pozitívni b positiv b pozitív b pozitívne	 B NEGATIVE b negativni b negativ b negativ b negativne	 O POSITIVE o pozitívni o positiv ó, pozitív o pozitívne	 O NEGATIVE o negativni o negativ o negativ o negativne
 UNKNOWN neznámý unbekannt ismeretlen nevedno			

B ALLERGIES

alergie | allergien | allergia | alergie

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.

<input type="checkbox"/>	PENICILLIN	<input type="checkbox"/>	ASPIRIN	<input type="checkbox"/>	CHEMICAL
	penicilin penicillin penicillin penicilín		aspirin aspirin aszpirin aspirín		chemikálie chemisch kémiai chemický
<input type="checkbox"/>	POLLEN	<input type="checkbox"/>	DUST	<input type="checkbox"/>	MOULD
	pyl pollen pollen pel'		prach staub por prach		plíseň schimmel öntőforma plesen'
<input type="checkbox"/>	ANIMALS	<input type="checkbox"/>	FISH	<input type="checkbox"/>	DAIRY
	zvíře tier állat zvierá		ryba fisch hal ryby		mlékárna molkerei tejszarnok mliekareň
<input type="checkbox"/>	NUTS	<input type="checkbox"/>	BITE	<input type="checkbox"/>	STING
	malice nüsse dió orechy		kousat beißen harapás uhryznutie		bodnutí stachel fullánk bodnutie
<input type="checkbox"/>	OTHER				
<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>					



BACK

zadni | zurück | hát | spät'

PAIN	<input type="checkbox"/>	SYMPTOM	<input type="checkbox"/>	MEDICATION	<input type="checkbox"/>	DURATION	<input type="checkbox"/>	MEASUREMENT	<input type="checkbox"/>
MINUTES	<input type="checkbox"/>	HOURS	<input type="checkbox"/>	WEEKS	<input type="checkbox"/>	MONTHS	<input type="checkbox"/>		

	THROAT		TOOTH		NECK		GLAND
hrdlo kehle torok hrdlo		zub zahn fog zub		krk hals nyak krk		žláza drüse mirigy žľaza	
	BREAST		SPINE		ARM		HAND
prsa bust mell prsník		páteř rücken gerinc chrbtica		paže arm kar paže		ruka hand kéz ručné	
	THIGH		HIP		FOOT		TOE
stehno schenkel comb stehno		hip hüfte csípő bedro		noha fuß láb noha		prst zehe lábujj špička	

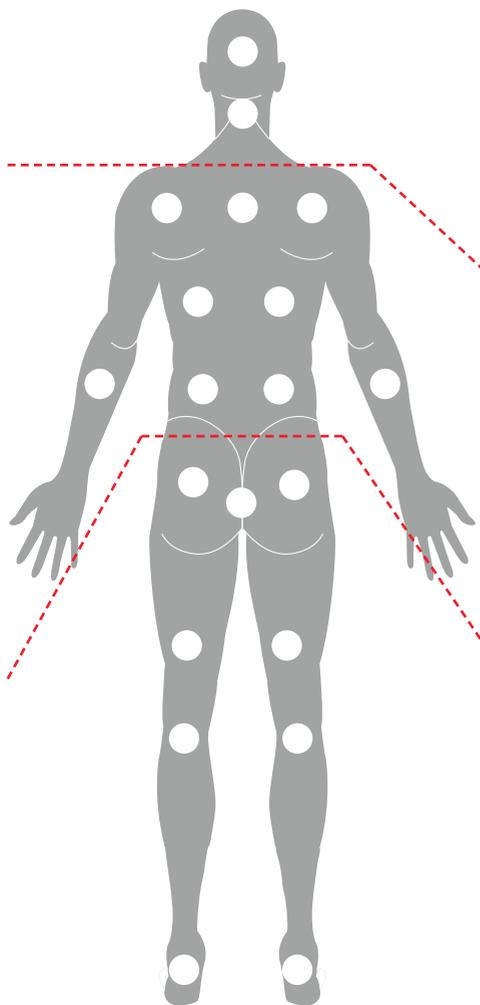
<input type="radio"/>									
1	2	3	4	5	6	7	8	9	10
									



bolest | schmerz | fájdalom | bolest'

existují | präexistieren | preexist | preexist

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





SKULL

lebka | schädel |
koponya | lebka



BRAIN

mozek | gehirn | agy |
mozog



SKIN

kůže | haut | bőr | koža



KIDNEYS

ledviny | nieren | vese |
obličky



BUTTOCKS

hýždě | gesäß | fenék |
zadok



RECTUM

řitní otvor | anus |
végbélnyílás | rit'

<p><input type="checkbox"/> CANCER</p> <p>1 2 3 4</p>  <p>rakovina krebs rák rakovina</p>	<p><input type="checkbox"/> DIABETES</p> <p>1 2</p>  <p>diabetes diabetes cukorbetegség cukrovka</p>	<p><input type="checkbox"/> LEUKAEMIA</p> <p>1 2 3 4</p>  <p>leukémie leukämie leukémia leukémie</p>
<p><input type="checkbox"/> PREGNANCY</p> <p>0-3 4-6 7-9</p>  <p>těhotenství schwangerschaft terhesség tehotenstvo</p>	<p><input type="checkbox"/> ASTHMATIC</p> <p>ASTHMA COPD</p>  <p>astmatický astmatiker asztmás astmatik</p>	<p><input type="checkbox"/> LUPUS</p> <p>SLE CLE DLE</p>  <p>lupus lupus lupus lupus</p>
<p><input type="checkbox"/> HIV / AIDS</p>  <p>hiv / aids hiv / aids hiv / aids hiv / aids</p>	<p><input type="checkbox"/> EPILEPSY</p>  <p>epilepsie epilepsie epilepszia epilepsie</p>	<p><input type="checkbox"/> MENTAL HEALTH</p>  <p>duševní zdraví psychische gesundheit mentális egészség mentálne zdravie</p>
<p><input type="checkbox"/> HEART DISEASE</p>  <p>srdeční choroba herzkrankheit szívbetegség ochorenie srdca</p>	<p><input type="checkbox"/> HIGH CHOLESTEROL</p>  <p>vysoký cholesterol hoher cholesterinspiegel magas koleszterin vysoký cholesterol</p>	<p><input type="checkbox"/> HIGH BLOOD PRESSURE</p>  <p>krevní tlak blutdruck vérynomás krvný tlak</p>
<p><input type="checkbox"/> OTHER</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>		

D MEDICATION

léky | medikation | gyógyszer | liečenie

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
	léky medikation gyógyszer liečenie	frekvence frequenz frekvencia frekvencia	měření messung mérés meranie
1	<input type="text"/>	<input type="text"/> HOURLY <input type="text"/> DAILY	<input type="text"/> TSP <input type="text"/> TBSP <input type="text"/> MCG <input type="text"/> MG <input type="text"/> G <input type="text"/> ML <input type="text"/> L
2	<input type="text"/>	<input type="text"/> HOURLY <input type="text"/> DAILY	<input type="text"/> TSP <input type="text"/> TBSP <input type="text"/> MCG <input type="text"/> MG <input type="text"/> G <input type="text"/> ML <input type="text"/> L
3	<input type="text"/>	<input type="text"/> HOURLY <input type="text"/> DAILY	<input type="text"/> TSP <input type="text"/> TBSP <input type="text"/> MCG <input type="text"/> MG <input type="text"/> G <input type="text"/> ML <input type="text"/> L
4	<input type="text"/>	<input type="text"/> HOURLY <input type="text"/> DAILY	<input type="text"/> TSP <input type="text"/> TBSP <input type="text"/> MCG <input type="text"/> MG <input type="text"/> G <input type="text"/> ML <input type="text"/> L
5	<input type="text"/>	<input type="text"/> HOURLY <input type="text"/> DAILY	<input type="text"/> TSP <input type="text"/> TBSP <input type="text"/> MCG <input type="text"/> MG <input type="text"/> G <input type="text"/> ML <input type="text"/> L
6	<input type="text"/>	<input type="text"/> HOURLY <input type="text"/> DAILY	<input type="text"/> TSP <input type="text"/> TBSP <input type="text"/> MCG <input type="text"/> MG <input type="text"/> G <input type="text"/> ML <input type="text"/> L

hourly | hodinově | stündlich | óránkénti | hodinový
daily | denně | täglich | napi | denná

tsp | čajová lžička | teelöffel | teáskanál | čajová lyžička
tbsp | lžíce | esslöffel | evőkanál | lyžice
mcg | mikrogram | mikrogramm | mikrogramm | mikrogram
mg | miligram | milligramm | milligramm | miligram
g | gram | gramm | gramm | gram
ml | mililitru | milliliter | milliliter | milliliter
l | liter | liter | liter | liter



FRONT

přední | vorderseite | elülső | predné

PAIN	SYMPTOM	MEDICATION	DURATION	MEASUREMENT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MINUTES <input type="checkbox"/>	HOURS <input type="checkbox"/>	WEEKS <input type="checkbox"/>	MONTHS <input type="checkbox"/>	

<p>NOSE</p> <p>nos nase orr nos</p>	<p>EAR</p> <p>ucho ohr fül ucho</p>	<p>MOUTH</p> <p>pusa mund száj ústa</p>	<p>TONGUE</p> <p>jazyk zunge nyelv jazyk</p>
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<p>SHOULDER</p> <p>rameno schulter váll rameno</p>	<p>CHEST</p> <p>hrud' brust mellkas hrud'</p>	<p>LIVER</p> <p>játra leber máj pečeň</p>	<p>STOMACH</p> <p>žaludek bauch gyomor žalúdok</p>
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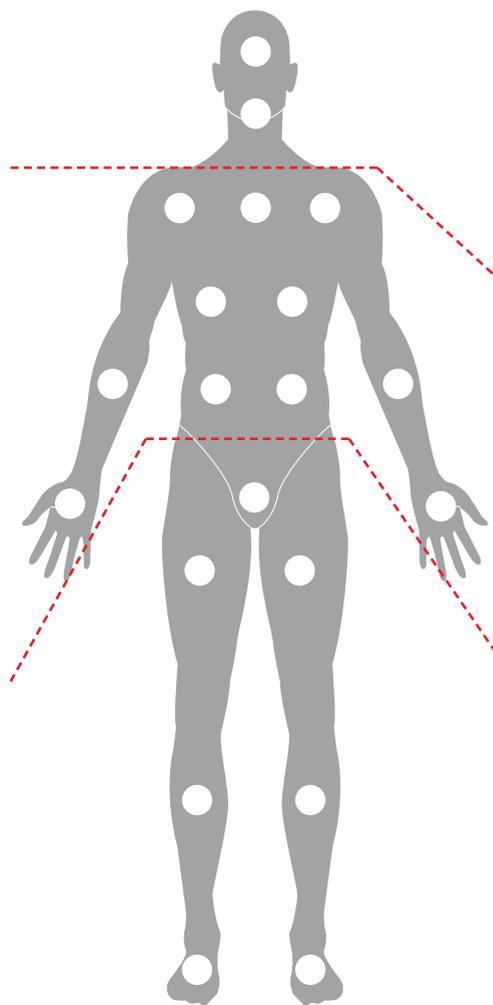
<p>LEG</p> <p>noha bein láb noha</p>	<p>PELVIS</p> <p>pánev becken kismedence panva</p>	<p>ANKLE</p> <p>kotník knöchel boka členok</p>	<p>HEEL</p> <p>pata hacke sarok páta</p>
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<input type="radio"/>									
1	2	3	4	5	6	7	8	9	10



bolest | schmerz | fájdalom | bolest'

během nouze | während eines notfalls | vészhelyzetben | počas stavu núdze





HEAD

hlava | kopf | fej | hlava



EYE

oko | auge | szem | očné



HEART

srdce | herz | szív | srdce



LUNG

plíce | lunge | tüdő | plúco



VAGINA

vagina | vagina | hüvely | vagina



PENIS

penis | penis | hímvessző | penis

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

1 ONE	2 TWO	3 THREE	4 FOUR	5 FIVE	6 SIX	7 SEVEN	8 EIGHT	9 NINE	10 TEN
jeden eins egy jeden	dva zwei kettő dva	tři drei három tri	čtyři vier négy štyri	pět fünf öt pät'	šest sechs hat šest'	sedm sieben hét sedem	osm acht nyolc osem	devět neun kilenc devät'	deset zehn tíz desat'

PAIN	bolest schmerz fájdalom bolest'	HOURS	hodina stunde óra hodina
SYMPTOM	příznak symptom tünet symptom	WEEKS	týden woche hét týždeň
MEDICATION	léky medikation gyógyszer liečenie	MONTHS	měsíc monat hónap mesiac
DURATION	doba trvání dauer tartam trvanie	HUNDREDS	sto hundert száz sto
MEASUREMENT	měření messung mérés meranie	THOUSANDS	tisíc tausend ezer tisíc
MINUTES	minuta minute perc minúta	Czech (cz) German (de) Hungarian (hu) Slovak (sl)	