



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

MIDDLE EAST
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

Copyright © 2020-2021 Ovester Limited. All rights reserved.

Gayther is one of the trading names for Ovester Limited. Ovester Limited controls the copyright and other intellectual property rights concerning the Gayther Diagnosis Interpreter (GDI) and the Medical Diagnosis Interpreter (MDI) as it is also known. The MDI is provided to you free of charge in which you are permitted to download, store and print the MDI for your personal and business use. You are not permitted to reproduce or make a profit from selling the MDI or any other purpose except as permitted by the UK Copyright, Design and Patents Act 1988, without the prior permission of Ovester Limited.

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

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

دافعتسا دروم یوراد | کullanilan ilaç | شومیشب توفورت | لمعتسم ءاود

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 لومتسارف لومتساريسارابلا parasetamol لومتساراراپ	<input type="checkbox"/>	IBUPROFEN نفورپوبيا نيفوربوبيا ibuprofen نفورپوبى	<input type="checkbox"/>	CANNABIS شيشن بنقلا (alqanb) كنهير منداهش (kenevir)
<input type="checkbox"/>	ANTIBIOTICS ءيويح تاداضم الهكيتويبيونا antibiyotikler يتنا اهكىتويب	<input type="checkbox"/>	ASPIRIN نيريسالا (al'asbarin) نيريسا aspirin نيريسا	<input type="checkbox"/>	
OTHER					
<hr/> <hr/> <hr/>					

	(tsp) teaspoon		(tbsp) tablespoon		(ml) millilitre		(l) litre
(malaeaqat saghira) مالاىاق ساهيرا (malaeaqat taeam) مالاىاق تاىام (yemek kasigi) يىمىك كاسىغى (millilitre) مىلىلىتر (litre) لىتر		(microgram) مىكروگرام (milligram) مىلىگرام (gram) گرام		(-) other دىگر (akhar) ركا			



The Middle East 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

מנאשן | semptom | סמפטום | (ealamat marad) צמרם קמאלע

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

TREMBLING / TINGLING



דער / זיך / פאכטרי /
titreme / יצוקע /
karıncalanma | נדיזרל /
נדר נזוס

LOSS OF BALANCE



נדאפ / ריטסע ריג /
דבוא / ביצי אל / נזאונטא /
kararsız | לקשמ יויש /
denge kaybı | רדיאניאן /
לדאעט נדאד טסרד זא

VOMIT / NAUSEA

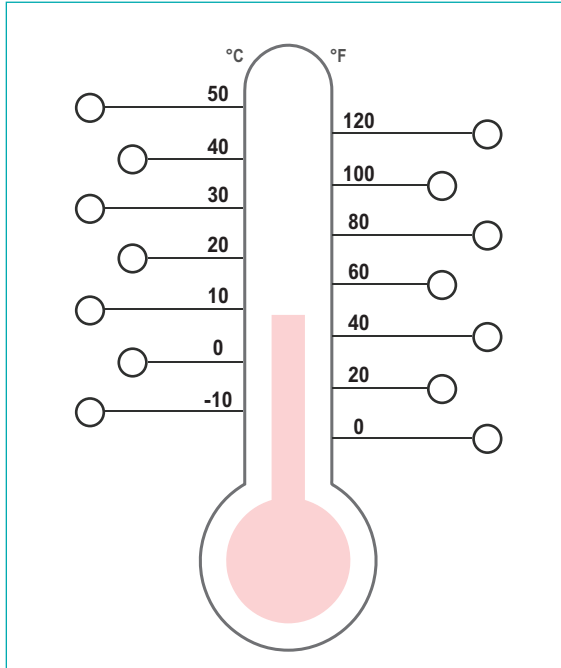


איקהל / נאיט גלא / עיקלא /
kusmuk / bulanti | הליחב /
עוהט טלאח / גארפטסא

WEAK / LACK OF ENERGY



שלא / עאטלא סרען / פאעצ /
zayıf | היגרנא רסוח /
enerji eksikliği | פאעצ /
עזרנא דובעק



HIGH TEMPERATURE

הוובג הרוטרפט | היילאע קראח עכרד /
yüksek sıcaklık | אלב טראח

OTHER

.....

.....

.....

.....



FLAG	LANGUAGE	LANGUAGE SPOKEN IN
	Arabic (ar)	Algeria, Bahrain, Chad, Comoros, Djibouti, Egypt, Eritrea, Iraq, Jordan, Kuwait, Lebanon, Libya, Mauritania, Morocco, Oman, State of Palestine, Qatar, Saudi Arabia, Somalia, South Sudan, Sudan, Syria, Tunisia, United Arab Emirates, Yemen
	Hebrew (he)	Israel
	Persian (pe)	Islamic Republic of Iran
	Turkish (tr)	Cyprus, Turkey

A PERSONAL INFORMATION

یصخشش تاعالطا | یשיא עדימ | (maelumat shakhsia) ؤیصخشش تامولعم

NAME

مان | ايسم | (aism) ميسا
isim | مان

NATIONALITY




מיליט | מואל | (jinsia) ؤيسنچ
milliyet | מיליט

GENDER

סניג | ציניט | זימ | (juns) סניג

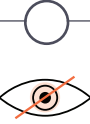

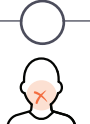
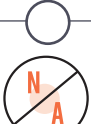
AGE

ליג | רמע | (eumar) עס
yaş | ליג

		
MALE	FEMALE	OTHER
הקד רכז (aldhikr) רכז erkek רנ	הבקנ אינאן (iinathana) kadın ננז	דיגר רחא (akhar) רחא רגיד

SPECIAL REQUIREMENTS

זרו ויה ינזיא | özel gereksinimler | תודחוימ תושירד | תסאג תאבלטמ


















			
BLIND	DEAF	MUTE	NOT APPLICABLE
וא רדאק ריג) ניפופלמ (עירלא יפ תבו עס הידל השקתמ וא לגוסמ אל) רויע (תוארל kör (görememek veya görmekte zorluk çekmek) הב רדאק) רוק (נדיד רד לכשמ אי נדיד תסני	יפ תבו עס וא זגע) מכללא (עיסלא) אל) מישרח מישקתמ וא מילגוסמ (העימשב sağır (işitemiyor veya işitme güçlüğü çekiyor) אונשאן (אי ונדינש הב רדאק) (נדינש רד לכשמ	וא רדאק ריג) תוסולא הבתק (שדחשלא יפ תבו עס הווי וא לגוסמ אל) מליא sessiz (רבדל השקתמ (konuşma zor veya konuşma zorluğu) יב (העימשב sağır (işitemiyor veya işitme güçlüğü çekiyor) אי ונדינש הב רדאק) (נדינש רד לכשמ	מישי אל קיבטני אל ליבאק (uygulanamaz) תסנין מדיפתסא



PAIN	SYMPTOM	MEDICATION	DURATION	MEASUREMENT
MINUTES	HOURS	WEEKS	MONTHS	

I feel or have...

מראד אי מנכ כמר סאסח | hissedyorum veya sahibim | יל שיש וא שיגרמ ינא | ידל וא רעשא

		
ACHES / PAINS	ANXIETY	BLURRED / FOGGY
סיבאכ / מיבאכ עאגאלא מאלא ağrılar דרד דרד	הדקח אלקאלא (alqalaq) kaygı בארפטא	עיבאבצ / עיבאבצ לפרועמ / שטשטמ bulanık / sisli מראט bulanık / sisli מראט bulanık / sisli מראט
		
BROKEN / STRAINED	BURNS	CHILLS / SHIVERING
רובש רטוטמ / רוטקמ kırık / gergin חותמ kırık / gergin חותמ kırık / gergin חותמ	יאנקלאר פרוש פורחלא yanıklar פרוש פורחלא yanıklar פרוש פורחלא	פריד עתיק פריד עתיק titreme / titreme זרל titreme / titreme זרל titreme / titreme זרל
		
CONFUSED	COUGH	DRY / THIRSTY
מושוש (mushush) şaşkın לבלובמ	אקסירוק לועיש לאעיס öksürük לועיש לאעיס öksürük לועיש לאעיס	אמץ / שבי נאשטח / פאג kuru / susuz נאשטח / פאג kuru / susuz נאשטח / פאג
		
FATIGUE / DROWSY	IRRITABLE	LIGHTHEADED / DIZZY
תופייע סאגנלא / באעטלא yorgunluk / yorgunluk uyuklu באוה / יגטסח uyuklu באוה / יגטסח	סאריע באעטלא sarie באעטלא sarie באעטלא	שאר תולק ראוד / ראוד baş dönmesi תורוחרח baş dönmesi תורוחרח
		
LOSS OF APPETITE	LOSS OR SHORT OF BREATH	RASH / ITCHY
אדבוא עישרלא נאדקפ iştah kaybı אובאית iştah kaybı אובאית	יפ קייצ ווא נאדקפ kayıp veya nefes darlığı אי נדאד תסיד kayıp veya nefes darlığı אי נדאד תסיד	חירפ / חלח ידלג חפט döküntü / kaşıntı תדרגמ döküntü / kaşıntı תדרגמ
		
SORE / SWOLLEN	SWEATING / WARM	
חופנ באכ פרוטמ / ערעק ağrılı / şişmiş פרוטמ / ערעק ağrılı / şişmiş פרוטמ / ערעק	חם / עיזמ יפאד / קרעטלא terleme / sıcak יפאד / קרעטלא	

F SYMPTOMS



for detailed allergies see section B

ALLERGIES

إلرجیا | تویگرلا | آیساسحلا | alerjiler

YES

(nem fielaan) | ال عفن معن | طب | evet | إنك

NO

(la) | ال | yok hayır | ریخ

BLOOD GROUP

کینوخ مورگ | مد تخابوک | دلا تلیصف | kan grubu

A POSITIVE	A NEGATIVE	AB POSITIVE	AB NEGATIVE
bir pozitif یبویح یباجیا تبشتم آ	olumsuz یلوش یبلس یفنم	ab pozitif اب یبویح ب.ا فبجوم اب تبشتم اب	ab negatif اب یبلس اب یفنم اب تبشتم اب
B POSITIVE	B NEGATIVE	O POSITIVE	O NEGATIVE
b pozitif ب یبویح ب فباجیا ب تبشتم ب	b negatif ب یلوش ب یبلس ب یفنم ب	ey pozitif ای یبویح و فباجیا ای تبشتم ای	o negatif او یلوش او یبلس او یفنم او تبشتم او
UNKNOWN			
ghyr maeruf فورع ریغ bilinmeyen عودی ال هتخانشان			

دناشن | semptom | سؤمپمیس | (ealamat marad) ضریم قمالع

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

I cannot...

مناوت کمرن نم | yapamam | لוכو ال یئا | عیطتسا ال

<input type="checkbox"/> BREATH همیسو نفس nefes سفن	<input type="checkbox"/> SWALLOW ونونسو علب alsanunu یوتماک یولوبل	<input type="checkbox"/> SMELL ن.یر رایها کوب rayiha koku
<input type="checkbox"/> TASTE معس دامک زکوی damak zevki قانملا	<input type="checkbox"/> SEE / VISION هیار / هار یور / رظنا ندید / ندید görme / görme دید	<input type="checkbox"/> HEAR عومسل سومس دینش duymak سومس
<input type="checkbox"/> FEEL شیرهه یاشور hissetmek ساسح	<input type="checkbox"/> PASS URINE وتش روبعل لوبتلا idrarı geç راردا روبع	<input type="checkbox"/> PASS A BOWEL یعم روبعل باغیساکتان گعمک bağırsaktan geçmek نک روبع دور
<input type="checkbox"/> MOVE زول نلهما ناقل hareket روبعل شکر	<input type="checkbox"/> WALK یقول سار yürümek ریس	<input type="checkbox"/> TALK هبدل هادث konuşma شبح
<input type="checkbox"/> LIFT تیلعم ماسعد asansör دنلب		

B ALLERGIES

BACK

تشنگزاب | geri | رنن | ('ila alkhlf) فلخلا ىلا

يژرلا | alerjiler | تويجرلا | ءيساسحلا

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.



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"/>		

<input type="checkbox"/>	PENICILLIN	<input type="checkbox"/>	ASPIRIN	<input type="checkbox"/>	CHEMICAL
	بنيلسنبن (banislin) ينپ penisilin اوليايؤن نىلىس		نيربسال (al'asbarin) نيربسا aspirin نيربسا		ءىءايمىفلا داوملا (almawadu alkimiya) مئى kimyasal ىءايمىش

<input type="checkbox"/>	POLLEN	<input type="checkbox"/>	DUST	<input type="checkbox"/>	MOULD
	هقبا (liqah) حاقل هدرگ polen		هقبا (ghabar) رابغ كاخ و هدرگ toz		هبلق (qalib) هبلق هبلق kalip

<input type="checkbox"/>	ANIMALS	<input type="checkbox"/>	FISH	<input type="checkbox"/>	DAIRY
	هلب (hayawan) ناوىح ناوىح hayvan مئى miya		هلب (smak) هلب هلب balık هلب yam		نابلآلا (al'alban) هبلق mandira هلب shaynab

<input type="checkbox"/>	NUTS	<input type="checkbox"/>	BITE	<input type="checkbox"/>	STING
	هلب (juz) زوج هلب fındık هلب lıca		هلب (eda) هلب هلب ısırma		هلب (aleaqrab) هلب هلب acı هلب uyluk

<input type="checkbox"/>	OTHER
<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	

	THROAT		TOOTH		NECK		GLAND
هلب (halaq) هلب boğaz هلب walg		هلب (sini) هلب diş هلب hana		هلب (aleunq) هلب هلب boyun هلب hana		هلب (alsadada) هلب هلب bez هلب hana	

	BREAST		SPINE		ARM		HAND
هلب (thadi) هلب meme هلب hana		هلب (aleumud alfiqriu) هلب هلب omurga هلب hana		هلب (dhirae) هلب kol هلب wazab		هلب (yd) هلب el هلب hana	

	THIGH		HIP		FOOT		TOE
هلب (fakhudh) هلب hana uyluk		هلب (warak 'aw nataw) هلب kalça هلب hana		هلب (qadam) هلب ayak hana		هلب ('iisbae qadam) هلب ayak parmağı هلب hana	

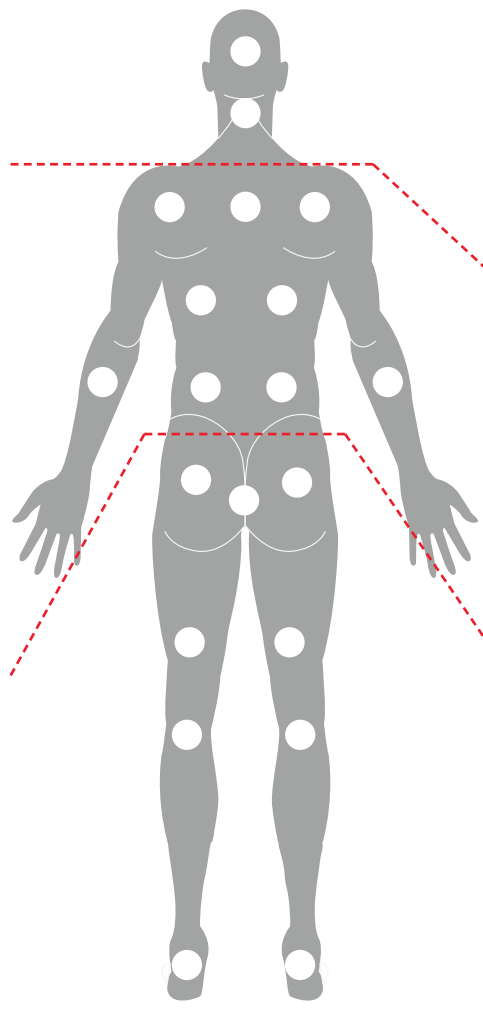
1	2	3	4	5	6	7	8	9	10




درد | وړد | ağrı | באכ | 'alam) دلا

preexist (preexist) | טסיקירפ | önceden | preexist


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






SKULL

תלולוג | jamjama) | קמ
| kafatası | קמ




BRAIN

זעג | beyin |
| damagh) | גאמ




SKIN

רוע | bashara) | קרשב
| cilt | טסרופ



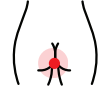
KIDNEYS

תוילכ | klawi) | יולאכ
| böbrekler | אד



BUTTOCKS

נבשי | kalça) | נאפדר
| נסאב



RECTUM

תעבטה יפ | sharaj) | קרש
| anüs | דעק

CANCER

1 2 3 4



תלחמ | sartan) | נאטרס
| kanser | נטרסה

DIABETES

1 2



דא' אלסוקרי | da' alsukari)
| diyabet | תרכוס

LEUKAEMIA


1 2 3 4



דבלא נאטרס | suratan
aldam) | הימקול | lösemi
| זוך נאטרס

PREGNANCY


0-3 4-6 7-9



גבליק | gebelik) | נוירה | למח
| יראראב

ASTHMATIC


ASTHMA COPD



קלוח | marbu') | מורבמ
| astımı | תקצק

LUPUS

SLE CLE DLE



lupus) | סופול | קביזלא
| סרופול

HIV / AIDS



עאנבלא סרען סוריפ
/ זדיאלא / קרשילא
| hiv / aids | סדייא

EPILEPSY




היספליפא | sarae) | ערע
| epilepsi | ערע

MENTAL HEALTH




אליסיהט | alsihat)
| תישפנ תואירב | alnafsia)
| אקיל סאג'לס

HEART DISEASE




מארד אלקאל | marad
alqalb) | בל תלחמ | kalp
hastalığı | עיבלק עראמ

HIGH CHOLESTEROL



לורטסלוק | זועדלא ילעא
| yüksek kolesterol) | הובג
| אלב לורטסלוק

HIGH BLOOD PRESSURE



דאג'ט אלדאמ | daght
aldam) | מד קחל | kan
basınıci) | זוך ראש'ף

OTHER

D MEDICATION

وراد | ilaç | תופורת | ('adawia) ؤيودأ

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
	وراد ilaç תופורת ('adawia) ؤيودأ	سكلا תורידת (takarat) رركت منناكرف	مزاننا ölçüm الديرم (qias) سرايق يرىگ
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 | العس يفل | ايخاس
saatlik | يتعاس
daily | يمويلا |
günlük | منازور

تسپ | çay kaşığı | تويك | (malaeaaqat saghira) قريغص ققعلم | tsp
yemek kasigi | يروخپوس قشاق | (maleaaqat taeam) مارعطق علم | tbsp
mikrogram | ميروكرم | (maykrujram) مارچوركريم | mcg
miligram | مريليم | (malighram) مارغيلم | mg
gram | مرگ | (ghuram) مارغ | g
millilitre | رتيليلم | (mallilitar) رتيليلم | ml
litre | رتيل | (litr) رتيل | l

FRONT


ولج | ön | تيزن | ('amami) يمامأ

PAIN	SYMPTOM	MEDICATION	DURATION	MEASUREMENT
MINUTES	HOURS	WEEKS	MONTHS	




NOSE

فنا | burun | فآ | ('anf) فنا
ينب




EAR

نذا | kulak | نآ | ('iidhan) نذا
شوگ




MOUTH

فم | ağız | فآ | ('fum) فم
ناد




TONGUE

لسان | dil | زوشل | ('lisan) لسان
نابز




SHOULDER

كاتف | katarf | فترك |
omuz | مناش




CHEST

ردص | sadar | الرن |
göğüs | منس صرفق




LIVER

كبك | kabad | كبك |
karaciğer | كبك




STOMACH

معد | muede | موع |
mide | معد




LEG

باجر | bacak | لجر | ('rajul) لجر
آب




PELVIS

هولطق | hawd | ضوح |
pelvis | مرصاخ نكل



ANKLE

لكالفا | alkahil | لوسرك |
ayak bileği | آب چم



HEEL

كبك | kaeb | بكق | ('kaeb) بكق
topuk | منشاب |

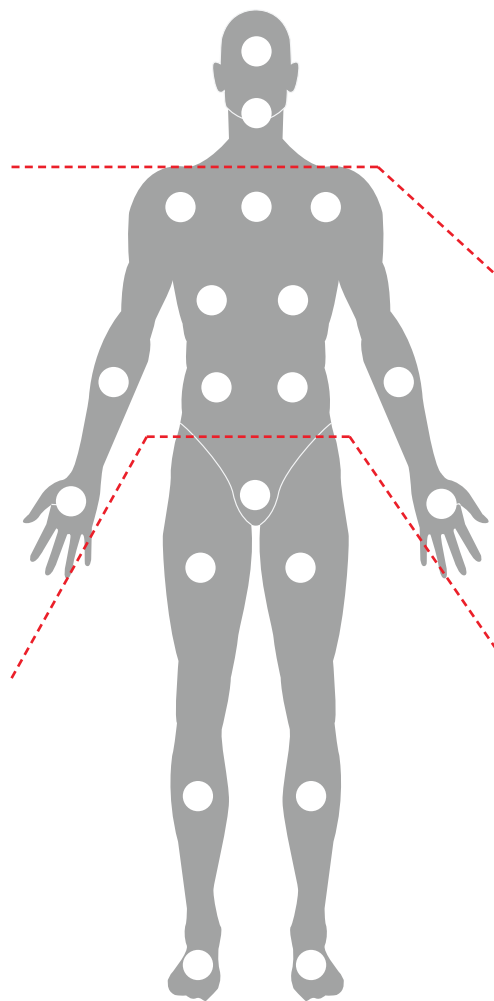
1	2	3	4	5	6	7	8	9	10



برارطضا عقاوم رد | acil bir durumda | توريح تعسب | يراوطلا عانثأ

درد | نوزا | ağrı | باك | (alam) ملدا

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



HEAD

س يئر (rayiys) | سار | kafa | رس

EYE

نوع | eayan | göz | موشچ

HEART

بلىق (qalb) | بلى | kalp | بلىق

LUNG

هائر | akciğer | ريار (ria) | هير

VAGINA

لبملا (almuhabil) | لبم | vajina | كيترب

PENIS

نيس | qadib) بيضق | درم يلسانت تىلا | 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).

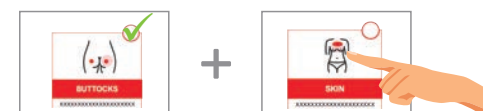
HOW TO COMMUNICATE

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

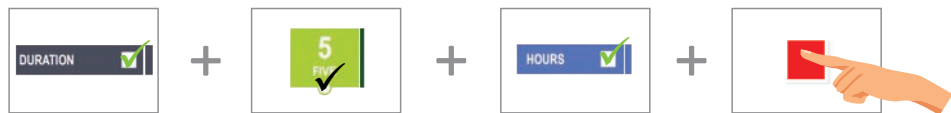
Step 1 - Please go to the numbers bar at the top of section E, where you can either point or tick (✓) the number of pains you are experiencing. One for a single area of pain, two for the second pain and so on



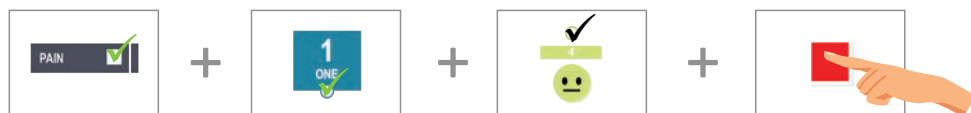
Step 2 - When ready to describe your first or only pain, you can either point or tick the region of the body (front or back) or specific body parts where the pain is located. When you have finished highlighting all of the areas, you can either point to the stop or next marker if you have more than one 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
دحاو (wahid)	نانشا (athnan)	ثالث (thlath)	عبراً (arbe)	خمسة (khms)	ستس (st) شش	سبعس (sbe) سبعة	ثمانث (thmany) هشتم	تسعس (tse) نهم	عشرع (eshr) عشر
דחא bir	מייתש iki	השולש üç	העברא dört	שמח beş	altı شش	עבש yedi	הנומש sekiz	נעשת dokuz	רשע on
یکی	ود	ص	راهچ	چنپ			تشفه	من	د

PAIN	درد نوحه ağrı ألم (alam)	HOURS	ساعات saat هساع (saea)
SYMPTOM	مناشن مناشن علامت ealamat marad مظهر	WEEKS	هفتا هفتا عوبس (usbue) هفته
MEDICATION	دواء دواء توفورت ilac (adawia) دواء	MONTHS	أشهر شهر ay رهن
DURATION	دوام دوام دامت almdt alzamania دامت دامت süre دامت	HUNDREDS	مئات مئات miaya ألف
MEASUREMENT	قياس قياس ديدم qias) ديدم ديدم ديدم ديدم	THOUSANDS	ألف ألف bin ألف
MINUTES	دقائق دقائق dakika (allahza) دقائق	Arabic (ar)	
		Hebrew (he)	
		Persian (pe)	
		Turkish (tr)	