



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Emergency Multilingual Aid

A multilingual, illustrated communication
phrasebook, for use by patients and staff

English / Somali



Contents

Admission	1
Assessment	13
Clinical Care	29
Maternity	43
Discharge Questions	57
Patient's Questions	61

Section 1 - Admission

1. Hello

1. Nabad

**2. What is your name?
Can you write it in English?**

**2. Waa maxay magacaagu?
Ingiriisi ma qori kartaa?**

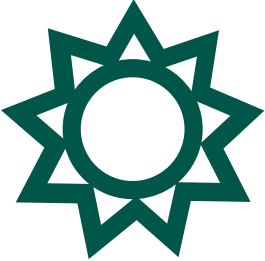
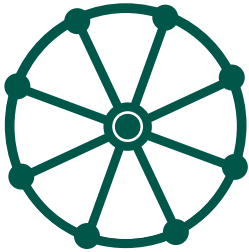






3. What is your date of birth?	3. Waa maxay taariikhdaad dhalatay?										
<p>Day</p>	<p>Maalinta</p> <table border="1"><tbody><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>0</td></tr></tbody></table>	1	2	3	4	5	6	7	8	9	0
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<p>Month</p>	<p>Bisha</p> <table border="1"><tbody><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>0</td></tr></tbody></table>	1	2	3	4	5	6	7	8	9	0
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<p>Year</p>	<p>Sannadka</p> <table border="1"><tbody><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>0</td></tr></tbody></table>	1	2	3	4	5	6	7	8	9	0
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6	7	8	9	0							



4. What is your country of origin?

4. Waa maxay dalkaaga hooyo?

5. What is your ethnic or cultural background?	5. Waa maxay jinsiyadaadu ama asalkaagu?
a. White	a. Cadaan
Irish	Irish
Irish Traveller	Irish Socoto ah
any other white background	asal cadaan kale
b. Black or Black Irish	b. Madow ama Madow Irish ah
African	Afrikcan
any other black background	ama Afrikaan kale
c. Asian or Asian Irish	c. Ashiyaan ama Ashiyaan Irish ah
Chinese	Shiine
any other Asian background	ama Ashiyaan kale
d. Other	d. Kale
including mixed background	oo ay ku jirto isku-jir

6. What is your religion?		6. Waa maxay diintaadu?	
 <p>Bahái Bahái</p>	 <p>Buddhist Buddhist</p>	 <p>Christian Christian</p>	 <p>Hindu Hindu</p>
 <p>Jain Jain</p>	 <p>Jewish Jewish</p>	 <p>Muslim Muslim</p>	 <p>Seikh Seikh</p>

7. Write your address in Ireland

7. Waa maxay cinwaankaaga Ireland.

8. Can you please write the name, telephone number and address in English of someone we can contact for you?

8. Fadlan af Ingiriisi ma ku qori kartaa magaca, cinwaanka si qof aan kuula xidhiidhino?

Haa

Yes

Maya

No

Ma garanayo
Don't Know

9. Are you married?

9. Xaas miyaad leedahay?

Haa

Yes

Maya

No



10. I am your	10. Waxaan ahay
Nurse	kalkaaliso
Doctor	dhakhtar
Occupational Therapist	dabiibe hawleed
Physiotherapist	dabiibka jidhka
Social worker	shaqaale bulsho
Pharmacist	farmashiiste
Midwife	umuliso
Dietician	xirafadyahan nafaqayn

11. Have you been to this hospital before?	11. Miyaad hore u timid cisbitaalkan?
	<p>Haa Yes</p> <p>Maya No</p> <p>Ma garanayo Don't Know</p>

12. Have you ever been treated in another hospital in Ireland?

12. Miyaa hore lagugu daweyey cisbitaal kale gudaha Ireland?

Haa

Maya

Yes

No

13. Can you write the name of your family doctor (GP) in Ireland?

13. Ma qori kartaa magaca dhakhtarka qoyskaaga (GP) ee Ireland?

Haa

Maya

Yes

No

14. Do you have a medical card number?

Can you show me the medical card?

14. Ma haysataa lambarka kaadhka caar̄maadka?

Haa

Maya

Ma
garanayo
Don't
Know

Yes

No



15. The name of this hospital is

.....

15. Magaca cisbitaalkani waa

.....

16. The name of this ward is

.....

16. Magaca waadhkani waa

.....

17 . The telephone number of the ward is

.....

17 . Lambarka telefonka waadhkani waa

.....

18. You are being moved to another ward

18. Waxa lagu wareejinayaa waadh kale.

19. The name of the ward you are being moved to is

.....

19. Magaca waadhka lagu wareejinayaa waa

.....

20. The visiting hours are strictly

from to

and from to

20. Saacadaha booqashadu waa keliya

min ilaa

iyo min..... ilaa



21. I will call the agency and ask for an interpreter

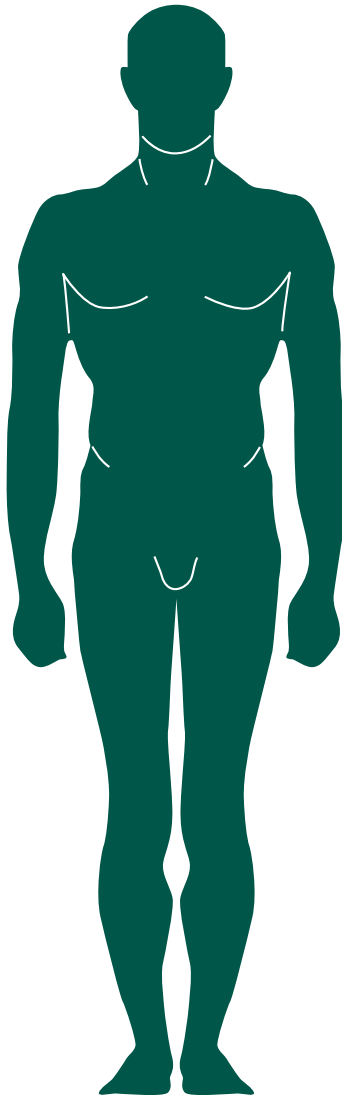
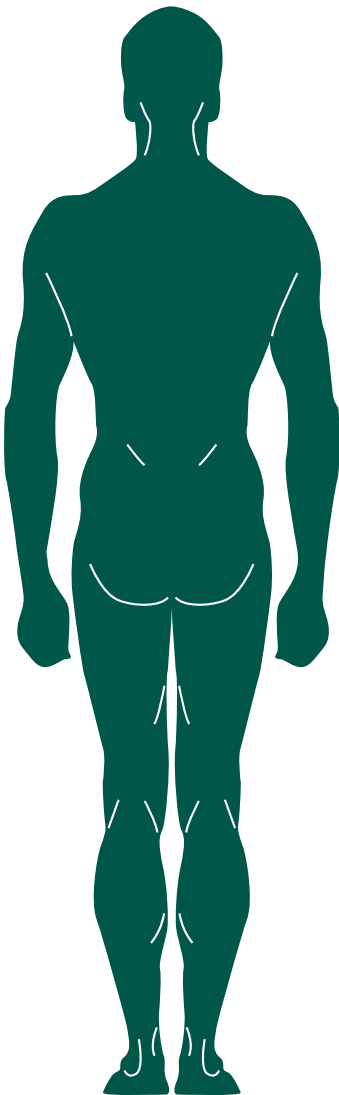
21. Waxaan wici doonaa wakaalad oo aad codsan turjubaan.

Section 2 – Assessment

22. How long have you been ill?	22. Intee in le'eg ayaad bugtay?										
Hours	<p>Saacado</p> <table border="1"> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>6</td><td>7</td><td>8</td><td>9</td><td>0</td> </tr> </table>	1	2	3	4	5	6	7	8	9	0
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Days	<p>maalmo</p> <table border="1"> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>6</td><td>7</td><td>8</td><td>9</td><td>0</td> </tr> </table>	1	2	3	4	5	6	7	8	9	0
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**23. Do you have any pain?
Point where**

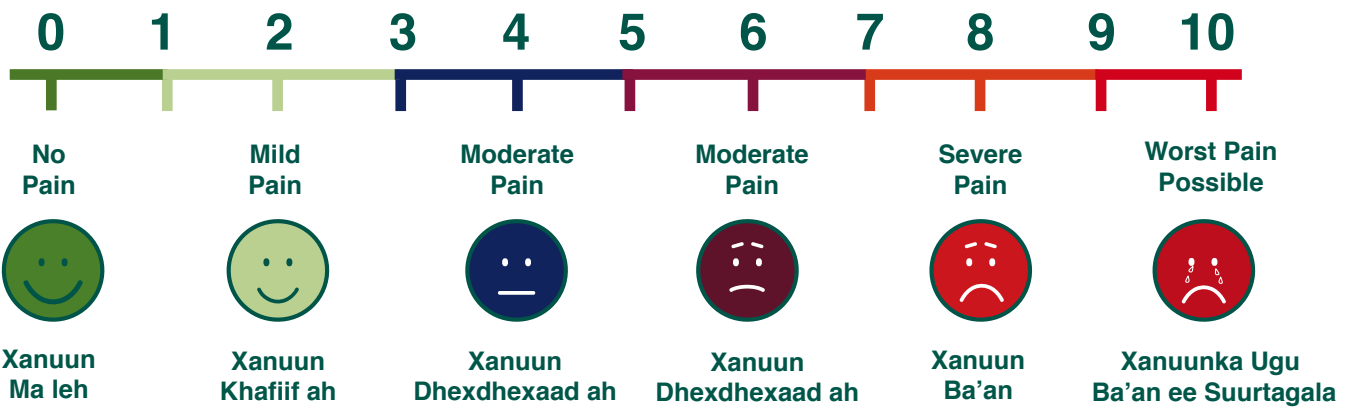
**23. Miyaad qabtaa xanuun?
Farta saar meesha.**



When did it start?	Goorma ayey bilaabantay?										
Hours ago	<p>saacado kahor</p> <table border="1"> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>6</td><td>7</td><td>8</td><td>9</td><td>0</td> </tr> </table>	1	2	3	4	5	6	7	8	9	0
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24. How bad is the pain?

24. Sidee u ba'an yahay xanuunku?



25. Have you had any bleeding?

Point where

25. Miyaad lahayd dhiigbax?

Farta saar meesha.

<p>26. Have you had an accident?</p>	<p>26. Ma shilbaa kugu dhacay?</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; background-color: #2c5e5e; color: white; text-align: center;"> <p>Haa Yes</p> </div> <div style="border: 1px solid black; padding: 5px; background-color: white; text-align: center;"> <p>Maya No</p> </div> </div>										
<p>When?</p>	<p>Goorma?</p>										
<p>Hours ago</p>	<p>saacado kahor</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>6</td><td>7</td><td>8</td><td>9</td><td>0</td> </tr> </table>	1	2	3	4	5	6	7	8	9	0
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6	7	8	9	0							

27. Did you lose consciousness?

27. Miyaad miyir beeshay?

Haa

Yes

Maya

No

Ma
garanayo
Don't
Know

28. Are you taking any medications (for example tablets) now?

28. Miyaad qaadataa dawooyin hadda? (Tusaale kiniino)

Haa

Yes

Maya

No

Do you have some with you?

Ma sidataa qaar?

Haa

Yes

Maya

No

Can you show them to me please?

Ma i tusi kartaa aniga fadlan?

29. Do you have any allergies?

29. Miyaad leedahay xasaasiyad?

Haa

Yes

Maya

No

**Ma
garanayo
Don't
Know**

<p>30. Are you allergic to any medication</p>	<p>30. Miyaad ku xasaasiyootaa dawooyinka qaar?</p> <p>Haa Yes</p> <p>Maya No</p> <p>Ma garanayo Don't Know</p>
<p>Penicillin?</p>	<p>Benesiliinta?</p>
<p>Aspirin?</p>	<p>Asbiriinka?</p>
<p>Any others?</p>	<p>Ama dawo kale?</p>



31. Do you have diabetes?

**31. Miyaad leedahay macaan
(sonkorow)?**

Haa

Yes

Maya

No

Ma
garanayo
Don't
Know

32. Do you have asthma?

32. Miyaad qabtaa xiiq (neef)?

Haa

Yes

Maya

No

Ma
garanayo
Don't
Know

33. Have you ever had	33. Weligaa ma yeelatay dhibaatooyin		
Heart problems	wadnaha ah <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 10px; text-align: center; width: 15%;"> Haa Yes </div> <div style="border: 1px solid black; padding: 10px; text-align: center; width: 15%;"> Maya No </div> <div style="border: 1px solid black; padding: 10px; text-align: center; width: 15%;"> Ma garanayo Don't Know </div> </div>		
High Blood pressure	dhiig-kar <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 10px; text-align: center; width: 15%;"> Haa Yes </div> <div style="border: 1px solid black; padding: 10px; text-align: center; width: 15%;"> Maya No </div> <div style="border: 1px solid black; padding: 10px; text-align: center; width: 15%;"> Ma garanayo Don't Know </div> </div>		
Heart attack	wadno xanuun <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 10px; text-align: center; width: 15%;"> Haa Yes </div> <div style="border: 1px solid black; padding: 10px; text-align: center; width: 15%;"> Maya No </div> <div style="border: 1px solid black; padding: 10px; text-align: center; width: 15%;"> Ma garanayo Don't Know </div> </div>		
Hepatitis	cagaarshow <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 10px; text-align: center; width: 15%;"> Haa Yes </div> <div style="border: 1px solid black; padding: 10px; text-align: center; width: 15%;"> Maya No </div> <div style="border: 1px solid black; padding: 10px; text-align: center; width: 15%;"> Ma garanayo Don't Know </div> </div>		
Cancer	kansar <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 10px; text-align: center; width: 15%;"> Haa Yes </div> <div style="border: 1px solid black; padding: 10px; text-align: center; width: 15%;"> Maya No </div> <div style="border: 1px solid black; padding: 10px; text-align: center; width: 15%;"> Ma garanayo Don't Know </div> </div>		

34. Are you pregnant?

34. Miyaad uur leedahay?

Haa

Yes

Maya

No

Ma
garanayo
Don't
Know

35. Do you have epilepsy?

**35. Miyaad qabtaa suuxitaan
(qalayl)?**

Haa

Yes

Maya

No

Ma
garanayo
Don't
Know

36. Have you ever had MRSA?

**36. Weligaa ma yeelatay
MRSA?**

Haa

Yes

Maya

No

Ma
garanayo
Don't
Know

<p>37. a) Do you have a cough?</p>	<p>37. a) Miyaad qufacdaa?</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: #2e7d72; color: white; padding: 10px; border-radius: 5px; text-align: center;"> <p>Haa Yes</p> </div> <div style="background-color: white; color: #2e7d72; padding: 10px; border-radius: 5px; text-align: center;"> <p>Maya No</p> </div> </div>					
<p>b) Do you cough anything up?</p>	<p>b) Wax ma tuftaa markaad qufacdo?</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: #2e7d72; color: white; padding: 10px; border-radius: 5px; text-align: center;"> <p>Haa Yes</p> </div> <div style="background-color: white; color: #2e7d72; padding: 10px; border-radius: 5px; text-align: center;"> <p>Maya No</p> </div> <div style="background-color: #c6d9e0; color: #2e7d72; padding: 10px; border-radius: 5px; text-align: center;"> <p>Ma garanayo Don't Know</p> </div> </div>					
<p>If yes, what colour?</p>	<p>Haddii ay haa tahay, waa midabkee?</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 50%; padding: 10px;"> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"></div> <p>White Cadaan</p> </td> <td style="width: 50%; padding: 10px;"> <div style="background-color: #d4e000; width: 40px; height: 20px; margin: 0 auto;"></div> <p>Yellow-green Hurdi-cagaar</p> </td> </tr> <tr> <td style="padding: 10px;"> <div style="background-color: #e31a1c; width: 40px; height: 20px; margin: 0 auto;"></div> <p>Red Casaan</p> </td> <td style="padding: 10px;"> <div style="background-color: #a52a2a; width: 40px; height: 20px; margin: 0 auto;"></div> <p>Brown Cawl</p> </td> </tr> </table>		<div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"></div> <p>White Cadaan</p>	<div style="background-color: #d4e000; width: 40px; height: 20px; margin: 0 auto;"></div> <p>Yellow-green Hurdi-cagaar</p>	<div style="background-color: #e31a1c; width: 40px; height: 20px; margin: 0 auto;"></div> <p>Red Casaan</p>	<div style="background-color: #a52a2a; width: 40px; height: 20px; margin: 0 auto;"></div> <p>Brown Cawl</p>
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38. Do you smoke?

**This is a no-smoking
hospital**

38. Sigaarka ma cabtaa?

Haa

Yes

Maya

No

**Cisbitaalkani laguma cabo
sigaar.**

39. Are you feeling sick?

39. Miyaad dareemaysa jirro?

Haa

Yes

Maya

No

40. Have you vomited?

40. Miyaad matagtay?

Haa

Maya

Yes

No

**41. Do you have any
diarrhoea?**

41. Miyaad leedahay shuban?

Haa

Maya

Yes

No

Section 3 – Clinical care

42. Can I examine you?

42. Ma ku řirin karaa?

Haa

Maya

Yes

No

43. Would you like to be examined by a male or female doctor?

43. Ma waxaad jeceshahay inuu ku řiriyo dhakhtar lab ah ama dhiddig ah?

Male

Lab (nin)

Female

Dhiddig (naag)

No Preference

Ma kala jecli.

44. No female doctor is available right now

44. Hadda ma joogto dhakhtar dhiddig ah.

45. No male doctor is available right now

45. Hadda ma joogo dhakhtar lab ah.

46. Lie down

46. Jiifso.

47. This might be uncomfortable

47. Tani waxa laga yaabaa inaad yara dhibsato.

48. I will examine your		48. Waxaan řirinayaa	
Head madaxaaga	Ears dhagaha	Eyes indhaha	Neck qoorta
Shoulder garabka	Chest laabta (xabbadka)	Stomach caloosha	Legs lugaha
Skin maqaarka			

49. I will take your blood pressure	49. Waxaan qaadi doona dhiig karkaaga.
--	---

50. I will listen to your chest	50. Waxaan dhagaysan doonaa laabtaada.
--	---

**51. I will take an ECG
(electrical trace of the heart)**

**51. Waxaan rabaa inaan kaa
qaado ECG (qiyaasta
korontada wadnaha).**



52. I will take your temperature

**52. Waxaan rabaa inaan kaa
qaado xumadda (heer-
kulka).**

53. I will take your pulse

**53. Waxaan rabaa inaan kaa
qaado garaaca dhiiga.**

**54. I will take a sample of your
blood**

**54. Waxaan rabaa inaan kaa
qaado dhiig muunad ah.**

55. Take off any jewellery

55. Iska saar dahabka.

56. I need to send you for an x-ray

56. Waxaan rabaan inaan kuu diro raajo



57. Pass urine into this container

57. Weelkan kaadi ku shub.

58. Cough phlegm into this container

58. Khaakho ku tuf weelkan.

59. Do not eat or drink anything

59. Waxba ha cunin oo ha cabbin.



60. Stay in bed

60. Sariirta joog.

61. Do not sit up

61. Kor ha u fadhiisan.

62. You can get up now

62. Waad kici kartaa hadda.

63. You need to stay in hospital - please wait here until the ward has an available bed

63. Waxaad u baahantahay inaad joogto cisbitaalka – fadlan halkan ku sug inta waadhka sariir laga helayo.

64. Breathe out

64. Neef tuur.

65. Breathe in

65. Neef qaado.

66. Hold your breath

66. Isku-qabo neefta.

67. Stand up

67. Istaag

68. Sit down

68. Fadhiiso.

69. Lie down

69. Jiifso.

70. Lie on your

side

70. U-jiifso

dhinaca

back

dhabarka

front

beerka

71. Wear this	71. Xidho
mask	weji-shareerkan 
apron	dharkan 
pair of gloves	galoofyada gacmaha 

72. Wash your hands

72. Dhaq gacmahaaga.

**73. Do you have dentures
(false teeth)?**

**73. Miyaad xidhan tahay ilko-
beena?**

Haa

Maya

Yes

No

**74. Please take out your
dentures**

74. Iska saar ilkaha beenta ah.

<p>75. When did your last menstrual period begin?</p>	<p>75. Goorma ayey caadada dhiiga ee kuugu danbaysay bilaabantay?</p>										
<p>Year</p>	<p>Sannad</p> <table border="1"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>0</td> </tr> </table>	1	2	3	4	5	6	7	8	9	0
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76. We will do a pregnancy test

**76. Waxa lagaaga řirin doonaa
inaad uur leedahay.**

**77. Your procedure should
take place**

**77. Hawshaada waxa la qaban
doonaa**

this morning

subaxa

this afternoon

galabtii

**78. We have to postpone your
procedure for now**

**78. Waa inaan dib u dhigno
hawshaada hadda.**

I am very sorry

Aad baan uga xumahay.



79. Please drink this

79. Fadlan cab tan.

**80. Do not go to the toilet until
after the procedure**

**80. Ha tegin musqusha ilaa
kadib hawshaada.**

Section 4 – Maternity

81. Do not eat or drink anything until after your procedure

81. Ha cunin waxba oo ha cabin ilaa kadib hawshaada.

82. You must drink a litre of water to prepare for your ultrasound scan. Do not pass urine until after the scan

82. Waa inaad cabto litir biyo ah si aad isugu diyaariso raajada oltarasawndka. Fadlan ha kaadshin ilaa kadib raajada.

83. The ultrasound scan will allow us to check the baby

83. Raajada oltarasawndka waxay noo saamaxaysaa inaan řirino ilmaha.

84. This is the baby's heartbeat **84. Kani waa garaaca wadnaha ilmaha.**

85. This is the baby's placenta (afterbirth) **85. Kani waa madheerta ilmaha.**

86. I will listen to the baby's heartbeat **86. Waxaan dhagaysan doonaa ilmaha wadno-garaaciisa.**

87. The monitor will check the baby's heartbeat

87. Saacadani waxay hubinaysaa heerka garaaca wadnaha ilmaha.

88. That is very good, you are doing very well

88. Taasi waa řican tahay, waad wanaagsan tahay.

89. Do you need some pain relief?

89. Waxaad u baahan tahay xoogaa xanuun biiye ah?

Haa

Yes

Maya

No

**Ma garanayo
Don't Know**

90. If you breathe this gas in and out slowly, it will help to relieve the pain

90. Haddii si dabacsan u neef qaadato naqaskan (gaastan), waxay kaa yarayn doontaa xanuunka.

91. The injection will help reduce the pain

91. Duritaanka (irbadda) ayaa kaa gargaari doona xanuunka.

92. Do you have any bleeding?

92. Miyaad leedahay wax dhiig-bax ah?

Haa

Yes

Maya

No

**Ma garanayo
Don't Know**

**93. A midwife or doctor will
examine you soon**

**93. Umuliso/ dhakhtar ayaa ku
řirin doona si dhakhso ah.**

<p>94. What is the date of your last menstrual period?</p>	<p>94. Waa maxay taariikhdiidii muddadiidii caadadiidii kuugu danbaysay?</p>										
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1	2	3	4	5							
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95. How many weeks pregnant are you?

95. Immisa toddobaad weeyaan uurkaagu?

1	2	3	4	5	6	7	8	9	10	11	12	13	14
15	16	17	18	19	20	21	22	23	24	25	26	27	28
29	30	31	32	33	34	35	36	37	38	39	40	41	42

96. What number pregnancy is this?

96. Waa uurkii immisaad kani?

1	2	3	4	5
6	7	8	9	0

97. Do you have contractions?

97. Miyey ku haysaa qabqabadkii fooshu? Haa Maya Ma garanayo

Haa Yes	Maya No	Ma garanayo Don't Know
------------	------------	---------------------------

98. What time did the contractions start?

98. Goorma ayey bilaabantay qabqabashada fooshu?

Hours

Saacado

1

2

3

4

5

6

7

8

9

0

Minutes

Minutes

1

2

3

4

5

6

7

8

9

0

99. How regular are your contractions?

99. Sidee ayey isku raacsan yihiin qabqabadyadu?



100. Do you feel the baby coming?

100. Miyaad dareemaysaa inuu ilmuhu soo baxayo?

Haa

Yes

Maya

No

Ma
garanayo
Don't
Know

101. Have your waters broken?

101. Biyihii ma jabeen (dilaaceen)?

Haa

Yes

Maya

No

Ma
garanayo
Don't
Know

102. Is there somebody with you?

102. Cid ma kula joogtaa?

Haa

Yes

Maya

No



103. You will be having a caesarean section because the baby is distressed

103. Ma lagu jeexayaa maadaama ilmuhu dhib ku jiro.

104. Breathe in and breathe out slowly

104. Neef qaado oo neef afuuf si dabacsan.

105. Breathe in, hold your breath and push down

105. Neef qaado, hay neefta oo hoos u riix.

106. Don't push

106. Ha riixin.

107. Pant

107. Taah.

108. Congratulations, it's a boy

108. Hambalyo, waa wiil.



109. Congratulations, it's a girl

109. Hambalyo, waa gabadh.

**110. The doctor will examine
your baby**

**110. Dhakhtarka ayaa řirin
doona ilmahaaga.**

**111. I will take a sample of
blood from your baby's
heel**

**111. Waxaan ka qaadi doonaa
dhiig muunad ah cidhibta
ilmahaaga.**

112. I will

112. Waan

weigh the baby

miisaami doonaa ilmaha

bath the baby

qubayn ilmaha

feed the baby

cuntasiin ilmaha

change the baby's nappy

**ka bedel xafaayada
ilmaha.**

Discharge Questions

113. The Doctor says you can go home today

113. Dhakhtarku wuxu yidhi waxaad tegi kartaa gurigii maanta.

114. The Doctor says you can go home tomorrow

114. Dhakhtarku wuxu yidhi waxaad tegi kartaa guriga berrito.

115. Do you have anyone who can bring you home?

115. Miyaad haysataa qof ku geeya guriga?

Haa

Yes

Maya

No

116. Do you have the letter for your family doctor?

116. Miyaad haysa waraaqdii dhakhtarka qoyskaaga?

Haa

Yes

Maya

No

Ma
garanayo
Don't
Know

117. Do you have your tablets?

117. Miyaad haysataa kiniikaagii?

Haa

Yes

Maya

No

Ma
garanayo
Don't
Know

118. Do you have the prescription for your medication?

118. Miyaad haysataa dawadii lagu qoray?

Haa

Yes

Maya

No

Ma
garanayo
Don't
Know

119. Do you have your personal belongings?

119. Miyaad haysataa alaabtaadii qof ahaaneed?

Haa

Maya

Yes

No

120. I will arrange for the public health nurse to visit you in your home

120. Waxaan qabanqaabin doonaa kalkaaliso caarimaadka dadweynaha oo kugu soo booqata gurigaaga.

121. I will make an appointment for you at the outpatients' clinic

121. Waxaan ballan kaaga qaban doonaa kiliniga bukaan-socodka.

Patient's questions

122. Ma seexan karo.

122. I can't sleep

**123. Halkan ayaa i xanuunaysa
– farta saar meesha**

**123. I have pain here – point to
the area of pain**

**124. Wax ma ii siin kartaa
xanuunka?**

**124. Can you give me
something for the pain?**

125. Waxaan rabaa inaan jirrado



125. I want to get sick

126. Waxaan rabaa inaan tago musqusha



126. I need to go to the toilet


127. Waxaan u baahanahay gargaar si aan musqusha u tago.

127. I need help to go to the toilet

128. Waan baahanahay

128. I am hungry

129. Waxaan rabaa inaan ku dhaqmo:	129. I need to follow a
cuntada kalyaha	renal diet
cuntada wadnaha	cardiac diet
cuntada sonkorowga	diabetic diet
cunto dufan (subag) yar.	low-fat diet

130. Ma cuno hilibka	130. I am a vegetarian
	



131. Waxaan cunaa hilibka xalaasha ah.

131. I eat halal meat

132. Waan soomanahay.

132. I am fasting

133. Waxaan u baahanahay cabbitaan.

133. I want a drink



134. Waxaan rabaa inaan kor u fadhiisto.

134. I want to sit up

135. Waxaan rabaa inaan jiifsado.

135. I want to lie down

136. Waxaan rabaa inaan ka kaco sariirta.

136. I want to get out of bed



137. Waxaan rabaa inaan socsocdo.

137. I want to walk around

138. Waxaan rabaa qubays.

138. I want a wash

139. Waxaan rabaa inaan nadiiřyo ilkahayga.

139. I want to clean my teeth



**140. Waxaan rabaa inaan
tukado.**

140. I want to pray

**141. Waxaan rabaa inaan
xiirto.**

141. I want to shave

**142. Waxaan rabaa suufka
dhiiga**

caadada

tuwaalada musqusha

142. I want

tampons

sanitary towels



**143. Waxaan rabaa in aan
talefoon dirsado.**

**143. I want to make a
telephone call**

**144. Waxaan rabaa
qoyskaygii
saaxiibkay**

**144. I want my
family
friend**

145. Ma fahmayo.

145. I do not understand



146. Waxaan rabaa inaan arko dhakhtar dhiddig ah (naag).

146. I would like to see a female doctor

147. Waxaan rabaa inaan arko dhakhtar lab ah (nin).

147. I would like to see a male doctor

148. Waxaan rabaa turjubaan.

148. I want an interpreter



**149. Waan werwersanahay/
cabsoonayaa.**

149. I am worried / afraid

**150. Waxaan qabaa
xasaasiyad.**

150. I am allergic

151. Waan dhiigayaa.

151. I am bleeding



**152. Waxaan leeyahay calool-
majiir.**

152. I have cramps

**153. Waxaan qabaa madax-
xanuun.**

153. I have a headache

**154. Sariirtaydu waa raaxo
daran tahay.**

154. My bed is uncomfortable



155. Waxaan rabaa in dhakhtarka arko

155. I want to see the doctor

156. Intee in le'eg ayaan sugayaa?	156. How long will I be waiting?
Ilaa hal saacad	Up to one hour
Ilaa laba saacadood	Up to two hours
Ilaa saddex saacadood	Up to three hours
Ilaa afar saacadood	Up to four hours
Ka badan 4 saacadood	Longer than 4 hours

157. Ma daawan karaa taleřshanka?	157. Can I watch television?
--	-------------------------------------



**158. Ma isticmaali karaa
telefonkayga gacanta?**

**158. Can I use my mobile
phone?**

**159. Waa maxay magaca
waadhkani?**

**159. What is the name of this
ward?**

**160. Miyuu dukaanka wareegaa
yimaadaa waadhkan?**

**160. Does a mobile shop come
to the ward?**