

Leonardo da Vinci Project nr 22-3.4/551 – E- enviro materials (II)

Tervis (meditsiinilised hädaolukorrad)

23-24 Lessons

call an ambulance!

kutsuge kiirabi!

I need a doctor

ma vajan arsti

Need väljendid võivad reisil kasulikud olla, kui räägid oma tervisest.

1. Describing symptoms – Süptomite kirjeldamine

what's the matter?	milles asi?
I'm not feeling well	ma ei tunne end hästi
I'm not feeling very well	ma ei tunne end väga hästi
I feel ill	ma tunnen end halvasti
I feel sick/ feel nauseous/ feel like vomiting	ma tunnen end haiglasena/ iiveldab/ ajab oksele
I've cut myself	ma lõikasin ennast
I've got a headache	mul on peavalu
I've got a splitting headache	mul on lõhkuv peavalu
I'm not well	ma ei ole terve
I've got flu	mul on gripp
I'm going to be sick	ma hakkam oksele
I've been sick	ma oksendasin
I've got a pain in my ...	mul on ... valu
.....neck	kaelas
my ... are hurting	mu ... valutavad
feet	jalad
knees	põlved
my back hurts	mu selg valutab
Stomache	kõhuvalu
I feel dizzy	mul käib pea ring/ tunnen end uimasena

1.1 Other useful phrases – Veel kasulikke väljendeid

have you got any ...?	kas sul on ...?
painkillers	valuvaigisteid
paracetamol	paratsetamooli
aspirin	aspiriini

Leonardo da Vinci Project nr 22-3.4/551 – E- enviro materials (II)

plasters	plaastreid
how are you feeling?	kuidas sa end tunned?
are you feeling alright?	kas sa tunned end hästi?
are you feeling any better?	kas sa tunned end paremini?
I hope you feel better soon	ma loodan, et tunned end varsti paremini
get well soon!	saa ruttu terveks!
I need to see a doctor	ma pean arsti juurde minema
I think you should go and see a doctor	ma arvan, et sa peaksid arsti juurde minema
do you know a good ...?	kas sa tead head ...?
doctor	arsti
dentist	hambaarsti
do you know where there's an all-night chemists?	kas sa tead, kus asub öö läbi avatud apteek?
2. Apteegis	
I'd like some ...	ma sooviksin ...
toothpaste	hambapastat
paracetamol	paratsetamooli
I've got a prescription here from the doctor	mul on siin arstilt saadud retsept
have you got anything for ...?	kas teil on midagi ... vastu?
cold sores	ohatise
a sore throat	kurguvalu
chapped lips	lõhenenud huulte
a cough	köha
travel sickness	merehaiguse
athlete's foot	jala seenhaiguse
can you recommend anything for a cold?	kas oskate midagi külmetuse vastu soovitada?
I'm suffering from ...	mul on ...
hay fever	heinapalavik
indigestion	seedehäire
diarrhoea	kõhulahtisus
I've got a rash	mul on lööve
you could try this cream	proovige seda kreemi
if it doesn't clear up after a week, you should see your doctor	kui see nädala pärast paremaks pole läinud, peaksite arsti juurde minema

Leonardo da Vinci Project nr 22-3.4/551 – E- enviro materials (II)

can I buy this without a prescription?

kas seda saab ilma retseptita osta?

it's only available on prescription

seda müüakse ainult retseptiga

does it have any side-effects?

kas sellel on kõrvaltoimeid?

it can make you feel drowsy

see võib teid uimaseks muuta

you should avoid alcohol

peaksite alkoholi vältima

I'd like to speak to the pharmacist, please

ma sooviksin apteekriga rääkida, palun

3. Arsti juures

3.1 At the reception – Vastuvõtus

I'd like to see a doctor

ma sooviksin arsti juurde minna

do you have an appointment?

kas teil on aega kinni pandud?

is it urgent?

kas sellega on kiire?

I'd like to make an appointment to see Dr. ...

sooviksin Dr ... juurde aega kinni panna

do you have any doctors who speak English?

kas teil on arste, kes räägivad inglise keelt?

do you have private medical insurance?

kas teil on eraravikindlustus?

have you got a **European Health Insurance card**?

kas teil on Euroopa ravikindlustuskaart?

please take a seat

palun võtke istet

the doctor's ready to see you now

arst on valmis teiega kohtuma

3.2 Discussing symptoms – Sümptomitest rääkimine

how can I help you?

kuidas ma saan teid aidata?

what's the problem?

milles on probleem?

what are your symptoms?

mis on sümptomid?

I've got a ...

mul on ...

temperature

palavik

sore throat

kurguvalu

headache

peavalu

rash

lööve

I've been feeling sick

ma olen ennast haiglasena tundnud

I've been having headaches

mul on peavalud

I'm very congested

mu hingamisteed on väga ummistunud

my joints are aching

mu liigesed valutavad

I've got diarrhoea

mul on kõhulahtisus

I've got a lump

mul on tükk (*nt rinnas*)

I've got a swollen ...

mu ... on paistes

Leonardo da Vinci Project nr 22-3.4/551 – E- enviro materials (II)

ankle	pahkluu
I'm in a lot of pain	ma olen suurtes valudes
I've got a pain in my ...	mul on valu ...
back	seljas
chest	rinnas
I think I've pulled a muscle in my leg	ma arvan, et olen jalas lihase ära tõmmanud
I'm ...	ma olen ...
asthmatic	astmaatik
diabetic	diabeetik
epileptic	epileptik
I need ...	mul on vaja ...
another inhaler	uut inhalaatorit
some more insulin	veel insuliini
I'm having difficulty breathing	mul on hingamisega raskusi
I've got very little energy	mul on väga vähe energiat
I've been feeling very tired	olen end väga väsinuna tundnud
I've been feeling depressed	olen tundnud masendust
I've been having difficulty sleeping	mul on magamisega raskusi
how long have you been feeling like this?	kui kaua olete end niimoodi tundnud?
how have you been feeling generally?	kuidas end üldiselt tunnete?
I think I might be pregnant	ma arvan, et võin rase olla
do you have any allergies?	kas teil on allergiaid?
I'm allergic to antibiotics	ma olen antibiootikumidele allergiline
are you on any sort of medication?	kas võtate mingisuguseid ravimeid?

3.4 Being examined – Läbivaatusel

can I have a look?	kas ma võin vaadata?
where does it hurt?	kust valus on?
it hurts here	siit on valus
does it hurt when I press here?	kas on valus, kui ma siia vajutan?
I'm going to take your ...	mõõdan teie ...
blood pressure	vererõhku
temperature	kehatemperatuuri
pulse	pulssi
could you roll up your sleeve?	palun keerake varrukas üles
your blood pressure's ...	teie vererõhk on ...

Leonardo da Vinci Project nr 22-3.4/551 – E- enviro materials (II)

quite low	üsna madal
normal	normaalne
rather high	üpris kõrge
very high	väga kõrge
your temperature's ...	teie kehatemperatuur on ...
normal	normaalne
a little high	natuke kõrge
very high	väga kõrge
open your mouth, please	palun tehke suu lahti
cough, please	palun kõhige

3.4 Treatments and advice – Ravi ja nõuanded

you're going to need a few stiches	teil on mõnda õmblust vaja
I'm going to give you an injection	teen teile süsti
we need to take a ...	peame võtma ...
urine sample	uriiniproovi
blood sample	vereproovi
you need to have a blood test	tuleb teha vereproov
I'm going to prescribe you some antibiotics	määrän teile antibiootikumid
how many should I take a day?	kui mitu päevas tuleb võtta?
take two of these pills three times a day	võtke kaks tabletti kolm korda päevas
take this prescription to the chemist	minge selle retseptiga apteeki
do you smoke?	kas te suitsetate?
I want to send you for an x-ray	tahan teid röntgenisse saata
I want you to see a specialist	ma tahaksin eriarsti juurde minna

Leonardo da Vinci Project nr 22-3.4/551 – E- enviro materials (II)

Dialogue:

1.

Doctor: — Good morning. Please have a seat here. What's the problem?

Paul: — I have a terrible stomachache.

Doctor: — Do you have diarrhea?

Paul: — Yes, I do.

Doctor: — Do you have any other symptoms?

Paul: — Yes, I feel sick.

Doctor: — You mean you feel nauseous?

Paul: — That's right. I feel like vomiting. And right now I feel dizzy, too.

Doctor: — When did the symptoms start?

Paul: — This morning. Yesterday evening I ate something raw (*toores*).

Doctor: — All right. Please take off your clothes to the waist and lie down there. ... Just tell me if it hurts when I do this.

Paul: — It doesn't hurt. ... Ouch. It hurts there.

Doctor: — Okay. Let's hope it's just indigestion, but we'll need to run some diagnostic tests to be sure. We'll run a blood test and we'll also need a urine sample.

Paul: — Can you give me something for the time being?

Doctor: — Yes, I'll give you a prescription for indigestion tablets.

2. Pair work- discussion

When was the last time you when to a pharmacy? Tell your partner about it using some of the ideas for discussion below. Your partner should ask questions to get more information.

- when did you go
- what was the problem
- what medication did you get
- did you talk to the pharmacists
- did the medication help

3. Dialogue – correct order

Pharmacist: Good morning, may I help you?

Customer: I need/ Yes/ prescription/ this / filled.

Pharmacist: OK, it'll be ready in a few minutes.

Customer: had/ a runny nose/ I've / also/ can you/ recommend something?/ for a couple of days/

Pharmacist: This decongestant is very effective, but be careful using it. It causes drowsiness and you shouldn't drink any alcohol when taking this it.

Customer: I also need some/ OK, I'll try it./ band-aides (plaster)/ sun screen./and/ Where/ those?/ are

Pharmacist: The band-aides are on aisle (*vahekäigus*) 3, on the left and the sun screen is on aisle 2, on the top shelf (*riiulil*).

Customer: Thanks

Pharmacist: Will that be all?

Customer: should/ it./ That/ do/

Pharmacist: That comes to 34.56 Euros.

Customer: Why/ That/ much?/ expensive!/ so

Pharmacist: The prescription medication is expensive. It cost 25.99 Euros. I may be able to get you a generic drug for about half that price, but I would have to consult your doctor first.

Customer: Don't/ bother ./ that's/ No/ OK.

Pharmacist: Here's your change. Have a good day.