

# Survival Spanish for Healthcare Providers: Influenza & H1N1 Care

## Influenza: preventive care

1. We have the:	Tenemos la vacuna para	tay-NAY-mohs/ lah/ vah-COO-nah/ PAH-rah
seasonal flu vaccine.	la influenza común.	lah/ een-FLOO+ENN-sah/ koh-MOON
H1N1 flu vaccine.	la influenza H1N1.	lah/ een-FLOO+ENN-sah/ AH-chay/ OO-noh/ EN-nay/ OO-noh
2. This vaccination is only for the common flu.	Esta vacuna es sólo para la influenza común.	ESS-tah/ vah-COO-nah/ ess/ SOH-loh/ PAH-rah/ lah/ een-FLOO+ENN-sah/ koh-MOON
3. We don't have H1N1 vaccine at this time.	No tenemos la vacuna para la influenza H1N1 en este momento.	NO/ tay-NAY-mohs/ lah/ vah-COO-nah/ PAH-rah/ lah/ een-FLOO+ENN-sah/ AH-chay/ OO-noh/ EN-nay/ OO-noh/ enn/ ESS-tay/ moh-MEN-toh
4. We'll have the vaccine on <i>(date)</i> .	Vamos a tener la vacuna el <i>(date)</i> .	VAH-mohs/ ah/ tay-NAIR/ lah/ vah-COO-nah/ ell/ _____
5. The H1N1 vaccine is only for pregnant women, children, and at-risk persons.	La vacuna para la influenza H1N1 es sólo para mujeres embarazadas, niños y personas en riesgo.	lah/ vah-COO-nah/ PAH-rah/ lah/ een-FLOO+ENN-sah/ AH-chay/ OO-noh/ EN-nay/ OO-noh/ ess/ SOH-loh/ PAH-rah/ moo-HAY-rays/ ee/ pair-SOH-nahs/ enn/ REE+ACE-goh
6. H1N1 is the scientific name for the "swine flu".	H1N1 es el nombre científico de la "influenza porcina".	AH-chay/ OO-noh/ EN-nay/ OO-noh/ ESS/ ell/ NOME-bray/ see+enn-TEE-fee-koh/ day/ lah/ een-FLOO+ENN-sah/ por-SEE-nah
7. It is a shot.	Es una inyección.	ESS/ OO-nah/ een-yeck-SEE+OHN
8. It is a nasal spray.	Es un rocío nasal.	ESS/ oon/ rroh-SEE-oh/ nah-SAHL
9. It is one dose.	Es una dosis.	ESS/ OO-nah/ DOH-sees
10. It is two doses.	Son dos dosis.	SONE/ DOHS/ DOH-sees
11. Come back in one week.	Regrese en una semana.	rray-GRAY-say/ enn/ OO-nah/ say-MAH-nah
12. We can vaccinate you today.	Le podemos vacunar hoy.	lay/ poh-DAY-mohs/ vah-coo-NAR/ OY
13. Roll up your sleeve.	Súbase la manga.	SOO-bah-say/ lah/ MAHN-gah
14. There will be a little stick.	Va a picarle un poco.	VAH/ ah/ pee-CAR-lay/ oon/ POH-koh
15. The vaccination: is free. is covered by Medicaid. is covered by the insurance.	La vacuna es gratis. la cubre Medicaid. la cubre el seguro.	lah/ vah-COO-nah ESS/ GRAH-tees lah/ COO-bray/ Medicaid lah/ COO-bray/ ell/ say-GOO-roh
16. The vaccination costs <i>(amount)</i> .	La vacuna cuesta <i>(amount)</i> .	lah/ vah-COO-nah/ KWAY-stah/ _____

## Intake and Vitals

1. I'm going to take your blood pressure.	Voy a tomarle la presión.	VOY/ ah/ toh-MAR-lay/ lah/ pray-SEE+OHN
2. I'm going to take your temperature.	Voy a tomarle la temperatura.	VOY/ ah/ toh-MAR-lay/ lah/ tem-pay-rah-TOO-rah
3. I'm going to take your pulse.	Voy a tomarle el pulso.	VOY/ ah/ toh-MAR-lay/ ell/ POOL-soh
4. Are you pregnant?	¿Está embarazada?	ess-TAH/ emm-bah-rah-SAH-dah

5. How many days have you had the problem?	¿Por cuántos días ha tenido el problema?	POR/ KWAN-tohs/ DEE-ahs/ ah/ tay-NEE-doh/ ell/ proh-BLAY-mah
6. Do you have or have you had: allergies to medicines?	¿Tiene o ha tenido: alergia a medicinas?	TEE+AY-nay/ oh/ ah/ tay-NEE-doh ah-LAIR-hee+ah/ ah/ may-dee-SEE-nahs
food allergies?	alergia a algún alimento?	ah-LAIR-hee+ah/ ah/ all-GOON/ ah-lee-MEN-toh
asthma?	asma?	AHS-mah
any heart problems?	problemas cardíacos?	proh-BLAY-mahs/ car-DEE+AH-kohs
diabetes?	diabetes?	dee+ah-BAY-tays
7. Let me listen to your lungs.	Permitame escuchar los pulmones.	pair-MEE-tah-may/ ess-koo-CHAR / lohs/ pool-MOH-nays
8. Breathe in. (demonstrate)	Respire.	rrays-PEE-ray
9. Hold your breath.	Aguante la respiración.	ah-GWAN-tay/ lah / rrays-pee-rah-SEE+OHN
10. Breathe out. (demonstrate)	Exhale.	ex-AH-lay
11. Do it again.	Otra vez.	OH-trah/ VAYS
12. Take a deep breath.	Respire hondo.	rrays-PEE-ray/ OHN-doh

## Diagnostic Questions

1. Do you have any pain?	¿Le duele algo?	lay/ DWAY-lay/ ALL-goh
2. Show me where.	Muéstrame dónde.	MWAYS-tray-may/ DOAN-day
3. Do you have a sore throat?	¿Le duele la garganta?	lay/ DWAY-lay/ lah/ gar-GAHN-tah
4. Do you have	¿Tiene:	TEE+AY-nay/ _____
any congestion? (point to chest)	congestión?	cone-hess-TEE+OHN
any trouble breathing?	problemas para respirar?	proh-BLAY-mahs/ PAH-rah/ rrays-pee-RAR
diarrhea?	diarrea?	dee+ah-RRAY-ah
a cough?	tos?	TOHS
much phlegm?	flemas?	FLAY-mahs
any fever?	fiebre?	FEE+AY-bray
chills?	escalofríos?	ess-kah-loh-FREE-ohs
any headaches?	dolores de cabeza?	doh-LOH-rays/ day/ kah-BAY-sah
any chest pain?	dolor en el pecho?	doh-LOR/ enn/ ell/ PAY-choh
any vomiting?	vómito?	VOH-mee-toh

## Diagnostic Tests

1. I need to get a throat culture.	Necesito tomarle una muestra de saliva de la garganta.	nay-say-SEE-toh/ toh-MAR-lay/ OO-nah/MWAYS-trah/ day/ sah-LEE-vah/ day/ lah/ gar-GAHN-tah
2. I need to get a nose culture.	Necesito tomarle una muestra de la nariz.	nay-say-SEE-toh/ toh-MAR-lay/ OO-nah/MWAYS-trah/ day/ lah/ nah-REES
3. This won't hurt.	No va a doler.	NOH/ vah/ ah/ doh-LAIR
4. Open your mouth wide.	Abra bien la boca.	AH-brah/ BEE+ENN/ lah/ BOH-kah
5. I will depress your tongue.	Voy a presionar su lengua.	VOY/ ah/ pray-see+oh-NAR/ soo/ LEN-gwah
6. Say "Ah".	Diga "Ah".	DEE-gah/ AH
7. The results will be ready in:	Los resultados van a estar listos en:	lohs/ ray-sool-TAH-dohs/ vahn/ ah/ ess-TAHR/ LEES-tohs/ en/ OO-nahs/ OH-rahs
a few hours.	unas horas.	OO-nahs/ OH-rahs
a few days.	unos días.	OO-nohs/ DEE-ahs
8. We will call you with the results.	Le vamos a llamar para darle los resultados.	lay/ VAH-mohs/ ah/ yah-MAR/ PAH-rah/DAR-lay/ lohs/ rray-sool-TAH-dohs

### Patient Discharge Instructions

1. You have an infection here. (point)	Usted tiene una infección aquí.	oose-TED/ TEE+AY-nay/ OO-nah/ een-feck-SEE+OHN/ ah-KEE
2. You have:	Tiene:	TEE+AY-nay
<b>OR</b> You don't have:	No tiene:	NOH/ TEE+AY-nay
pneumonia.	neumonía.	nay+oo-moh-NEE-ah
a cold.	una gripe.	OO-nah/ GREE-pay
the seasonal flu.	la influenza común.	lah/ een-FLOO+ENN-sah/ koh-MOON
	la influenza H1N1.	lah/ een-FLOO+ENN-sah/ AH-chay/ OO-noh/ EN-nay/ OO-noh
3. Don't go to school for (#) days.	No vaya a la escuela por (#) días.	NOH/ VAH-yah/ ah/ lah/ ess-KWAY-lah/ POR/ ___/ DEE-ahs
4. Don't go to work for (#) days.	No vaya al trabajo por (#) días.	NOH/ VAH-yah/ all/ trah-BAH-hoh/ POR/ ___/ DEE-ahs
5. I'm going to give you a prescription.	Voy a darle una receta.	VOY/ ah/ DAR-lay/ OO-nah/ rray-SAY-tah
6. Take this pill (#) times a day.	Tome esta pastilla (#) veces al día.	TOH-may/ ESS-tah/ pahs-TEE-yah/ ___/ VAY-says/ all/ DEE-ah
7. Take this medicine a.s.a.p.	Tome la medicina lo más pronto posible.	TOH-may/ lah/ may-dee-SEE-nah/ loh/ mahs/PRONE-toh/ poh-SEE-blay
8. I'm going to give you a shot.	Voy a ponerle una inyección.	VOY/ ah/ poh-NAIR-lay/ OO-nah/ een-yeck-SEE+OHN
9. Return if you feel worse.	Regrese si se siente peor.	rray-GRAY-say/ see/ say/ SEE+ENN-tay/ pay-OR
10. If you are very sick, go to the hospital.	Si está muy enfermo, vaya al hospital.	see/ ess-TAH/ mwee/ enn-FAIR-moh/ VAH-yah/ all/ ohs-pee-TAHL

### Patient Education

1. Drink lots of liquids.	Beba muchos líquidos.	BAY-bah/ MOO-chohs/ LEE-kee-dohs
2. You need to use a mask/respirator.	Necesita usar un tapabocas.	nay-say-SEE-tah/ oo-SAR/ oon/ tah-pah-BOH-kahs
3. Wash your hands frequently.	Lávese las manos frecuentemente.	LAH-vay-say/ lahs/ MAH-nohs/ fray-kwen-tay-MEN-tay
4. Get plenty of rest.	Descanse.	days-KAHN-say
5. Do not go to public areas.	No vaya a lugares públicos.	NOH/ VAH-yah/ ah/ loo-GAH-rays/ POO-blee-kohs
6. Cough or sneeze into your elbow, like this. (demonstrate)	Tosa o estornude en el codo, así.	TOH-sah/ oh/ ess-tor-NOO-day/ enn/ ell/ COH-doh/ ah-SEE
7. Try not rub your eyes or touch your nose or mouth.	Evite tallarse los ojos y tocarse la boca y la nariz.	ay-VEE-tay/ tah-YAR-say/ loh/ OH-hohs/ ee/ toh-CAR-say/ lah/ BOH-cah/ ee/ lah/ nah-REES

### Communication Strategies

1. Do you speak English?	¿Habla inglés?	AH-blah/ een-GLAYS
2. I don't speak Spanish.	No hablo español.	noh/ AH-bloh/ ess-pah-NYOL
3. I don't understand.	No entiendo.	noh/ enn-TEE+ENN-doh
4. Speak slower.	Hable más despacio.	AH-blay/ MAHS/ dess-PAH-see+oh
5. Repeat it, please.	Repita, por favor.	rray-PEE-tah/ POR/ fah-VOR
6. Respond yes or no.	Responda sí o no.	rrays-POHN-dah/ SEE/ oh/ NOH
7. Write it here, please	Escríbalo aquí, por favor.	ess-KREE-bah-loh/ ah-KEY/ por/ fah-VOR
8. Number by number.	Número por número.	NOO-may-roh/ por/ NOO-may-roh

### Personal Data

1. What is your address?	¿Cuál es su dirección?	KWAL/ ESS/ soo/ dee-reck-SEE+OHN
complete name?	nombre completo?	NOME-bray/ comb-PLAY-toh
last name?	apellido?	ah-pay-YEE-doh
SSN?	número de seguro social?	NOO-may-roh/ day/ say-GOO-roh/ soh-SEE+AHL
telephone number?	número de teléfono	NOO-may-roh/ day/ tay-LAY-foh-noh
2. What is your birth date?	¿Cuál es su fecha de nacimiento?	KWAL/ ESS/ soo/ FAY-cha/ day/ nah-see-MEE+ENN-toh

### Numbers

0. zero	cero	SAY-roh
1. one	uno	OO-noh
2. two	dos	DOHS
3. three	tres	TRACE
4. four	cuatro	KWAH-troh
5. five	cinco	SEEN-koh
6. six	seis	SACE
7. seven	siete	SEE+AY-tay
8. eight	ocho	OH-choh
9. nine	nueve	NWAY-vay
10. ten	diez	DEE+ACE

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