

ER Survival: the first 10 minutes

28 Mandarin phrases that cover a full intake — triage, pain, history, exam, instructions and paperwork. Grouped in the order you actually need them. **Every phrase has audio online, spoken at a natural pace.**

IF YOU ONLY MEMORIZE FIVE

- | | | | |
|---|-----------|--------------------------------|--|
| 1 | 你好，我是护士。 | Nǐ hǎo, wǒ shì hùshì. | Hello, I am your nurse. |
| 2 | 等一下，我叫翻译。 | Děng yíxià, wǒ jiào fānyì. | One moment - I will call a translator. |
| 3 | 有多疼？从一到十。 | Yǒu duō téng? Cóng yī dào shí. | How bad is the pain, from 1 to 10? |
| 4 | 你对什么过敏吗？ | Nǐ duì shénme guòmǐn ma? | Are you allergic to anything? |
| 5 | 请在这里签字。 | Qǐng zài zhèlǐ qiānzì. | Please sign here. |

01 Triage — first contact

接诊第一句 4

你好，我是护士。	Hello, I am your nurse.
Nǐ hǎo, wǒ shì hùshì.	

请问你哪里不舒服？	Where does it hurt? What is bothering you?
Qǐngwèn nǐ nǎlǐ bù shūfu?	

什么时候开始的？	When did it start?
Shénme shíhòu kāishǐ de?	

疼得厉害吗？	Is the pain severe?
Téng de lìhai ma?	

02 Pain & symptoms

疼痛与症状 5

哪里疼？	Where does it hurt?
Nǎlǐ téng?	

有多疼？从一到十。	How bad is the pain, from 1 to 10?
Yǒu duō téng? Cóng yī dào shí.	

有没有发烧？	Do you have a fever?
Yǒu méiyǒu fāshāo?	

有没有咳嗽？	Do you have a cough?
Yǒu méiyǒu késou?	

头晕吗？	Are you dizzy?
Tóuyūn ma?	

你对什么过敏吗？

Nǐ duì shénme guòmǐn ma?

Are you allergic to anything?

你在吃什么药吗？

Nǐ zài chī shénme yào ma?

Are you taking any medication?

有什么慢性病吗？

Yǒu shénme mànxìngbìng ma?

Do you have any chronic conditions?

以前做过手术吗？

Yǐqián zuòguo shǒushù ma?

Have you had surgery before?

04 During the exam

检查时 6

请张开嘴。

Qǐng zhāng kāi zuǐ.

Please open your mouth.

请深呼吸。

Qǐng shēn hūxī.

Please take a deep breath.

请躺下。

Qǐng tǎng xià.

Please lie down.

我量一下血压。

Wǒ liáng yíxià xuèyā.

I am going to check your blood pressure.

放松，别紧张。

Fàngsōng, bié jǐnzhāng.

Relax, do not be nervous.

这里疼吗？

Zhèlǐ téng ma?

Does it hurt here?

05 Treatment & instructions

治疗与嘱咐 6

这个药一天吃两次。

Zhège yào yì tiān chī liǎng cì.

Take this medicine twice a day.

饭后吃。

Fànhòu chī.

Take it after meals.

多喝水，多休息。

Duō hē shuǐ, duō xiūxi.

Drink more water and get some rest.

如果有问题，打电话给我们。

Rúguǒ yǒu wèntí, dǎ diànhuà gěi wǒmen.

If you have questions, call us.

你需要住院。

Nǐ xūyào zhùyuàn.

You need to be admitted.

救护车马上到。

Jiùhùchē mǎshàng dào.

The ambulance is on its way.

你有医疗保险吗？

Nǐ yǒu yīliáo bǎoxiǎn ma?

Do you have health insurance?

请在这里签字。

Qǐng zài zhèlǐ qiānzì.

Please sign here.

等一下，我叫翻译。

Děng yíxià, wǒ jiào fānyì.

One moment - I will call a translator.

07 What they'll say back

听回答 10

Asking is the easy half. These ten short answers cover most of what comes back at you — and they are what makes the first exchange either work or stall.

有。 Yǒu.

Yes / I have.

没有。 Méiyǒu.

No / I don't have.

一点点。 Yídiǎndiǎn.

Just a little.

很疼。 Hěn téng.

It hurts a lot.

这里。 Zhèlǐ.

Right here.

三天了。 Sān tiān le.

For three days.

昨天开始的。 Zuótiān kāishǐ de.

It started yesterday.

不知道。 Bù zhīdào.

I don't know.

高血压。 Gāoxuèyā.

High blood pressure.

没有过敏。 Méiyǒu guòmǐn.

No allergies.

THE 1-10 PAIN SCALE, IN CHINESE



Hold up fingers while you say the number — it works even when the words don't. 一 yī to 十 shí.

BEFORE THE TRANSLATOR ARRIVES

等一下，我叫翻译。

One moment — I'll call a translator.

Say it first, then keep working. Patients relax once they know help is coming, and you buy yourself thirty seconds.



Scan to hear
all 28 phrases

THREE THINGS THAT MAKE IT WORK

- 1 **Chinese first, English only if they look lost.** Patients who hear English first stop listening to the Chinese.
- 2 **Point at the sheet.** Most people read pinyin faster than they follow fast speech — a finger on the line buys you a whole sentence.
- 3 **Say 等一下，我叫翻译。 early, not last.** It costs thirty seconds and removes the panic from both sides.

Hear all 28 phrases spoken out loud — free

Whole-phrase playback, or syllable by syllable when the ER is loud. Works on any phone, no signup.

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