

Dhibaatooyin iyo Codsiyo... Discomforts and Requests...

Halkan ayaan i xanuunaysa.

(Farta ku tilmaan halka ku xanuunaysa.)

I have pain here. (Point to where it hurts.)

Ma i siin kartaa wax xanuunka iga jabiya?

Could you give me something to relieve the pain?

Waxan dareemayaa: I feel:	inan aad u fiicanahay. very well.
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inan soo fiicnaaday. better.	inan jiranahay. bad.
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aad ayaa u sii xunyahayi. very bad.	inan ka sii daray. worse.
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wareer. dizzy.	tabar-dari. weak.	daal. tired.
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hurdo. sleepy.	lalabo. nauseated.
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Waa an: I am:	walwalsan ahay. worried.	baqayaa. frightened.	niyad-xumaaday. depressed.
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cidloonayaa. lonely.	daalay. bored.	murugaysan ahay. sad.
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faraxsan ahay.
happy.

Waa an: I am:	kuleel. warm.	dhaxamooday. cold.
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gaajooday. hungry.	haraaday. thirsty.	Haraad i ma hayo. I am not thirsty.	Gaajo i ma hayso. I am not hungry.
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Waa yahay, Fine,	mahadsanid. thanks.	Waa yahay. All right.	Sidaa iyo sidaa. So-so.
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Ma neefsan karo. I cannot breathe.	Wax ma arki karo. I cannot see.	Wax ma liqi karo. I cannot swallow.
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Wax ma maqlayo. I cannot hear.	Ma dareemi karo. I cannot feel.
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...Dhibaatooyin iyo Codsiyo...
...Discomforts and Requests...

Waxa i haya: I have:	alerji. allergy.	dhago xanuun. ear ache.
qufac. cough.	qandho. fever.	dhaxan, qadhqadh. chills.
matag. vomiting.	dibirsan. indigestion.	finan. rash.
xanuun majiir ah/xanuunka gumaarka. cramps.		dhiig-bax. bleeding.
barar. inflammation.	shuban. diarrhea.	calool joogsi. constipation.
cune xanuun. sore throat.	dhaceen soo baxay. discharge.	madax-xanuun. headache.
ilig-xanuun. toothache.		

Way i danqanaysa. Way i gubaynaysaa.
 It hurts. It burns.

Way i cuncunaysaa. Sidii qof suuxaya oo kale ayaan ahay.
 It itches. I feel faint.

Ma: May I:	cuni karaa? eat?	cabi karaa? drink?	dhaqaaqi karaa? move?
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istaagi karaa? cabi karaa cigaar? qaadan karaa dawadayda?
 stand up? smoke? take my medicine?

Mudo intee leeg baan ku bogsan doonaa?
 How long will it take to recover?

Qolku aad buu u: kulul yahay. qabaw yahay.
 The room is too: hot. cold.

Sariirtaydu waa mid raaxo daran.
 My bed is uncomfortable.

...Dhibaatooyin iyo Codsiiyo ...Discomforts and Requests

Miyaad hagaajin doontaa kan?

Will you fix this?

Fadlan:

Please:

shid laydhka/nalka.

turn on the light.

dami laydhka/nalka.

turn off the light.

sare u qaad daahyada.

the shades.

daji daahyada.

pull down the shades.

Si fiican uma seexan karo.

I cannot sleep well.

Ma i siin kartaa wax hurdada iga gargaara?

Can you give me something to help me sleep?

Fadlan ii keen mid kale oo ah:

Please bring me another:

masar warqada/safaleeti warqada.

tissue.

buste.

blanket.

barkin.

pillow.

masar/safaleeti.

handkerchief.

Waa maxay dawooyinka an qaadan doono markan guriga tago?

What medicines should I take when I am at home?