

# Describing pain...

**In an emergency, please dial 112 for an ambulance**  
and ask for someone who speaks your language.

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I became ill on

It started suddenly / gradually

I am allergic to drugs /  
Food / chemicals / pollen

I think I may be suffering side  
effects from taking this medicine.

I have a pain here...

The pain is

- continuous / intermittent
- dull / sharp
- stabbing / throbbing

I ache all over

It is better / worse when

- I exert myself / I move
- I sit up / I lie down

I have (never) had a pain like this  
before.

It has moved from here to here  
(point to the pain)

It hurts here now

It has stayed here

It has stopped now

I am still in pain, despite the pills.

I have a tingling feeling in my ....

I cannot feel a thing.

Me puse mala el dia y hora ....

Empezo repentinamente /poco a  
poco

Soy alergico a medicamentos /  
alimentos / quimicos / polen)

Creo que sufro de efectos  
secundarios al tomar este  
medicamento.

Tengo dolor aqui

El dolor es

- continuo / intermitente
- sordo / agudo
- punzante / pulsante

Me duele todo el cuerpo

Está mejor / peor cuando

- Hago un esfuerzo / me muevo
- Me levanto / me tumbo

(Nunca) he sufrido un dolor como  
esta antes.

Se ha movido de aqui a aqui.

Ahora es aqui que me duele

Se ha quedado aqui

Ya no me duele

Sigo teniendo dolor, a pesar de las  
pastillas.

Siento hormigeos en ....

No siento nada.

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