

# BASICS



သု/ YES



တသ့ဘဉ်/ NO



ကသံဉ်သရဉ်/  
UNSURE



အီမိတ်သ့ဘဉ် /  
NO SMOKING



ပတုဉ် / STOP



ကိတ်ကသံဉ်သရဉ် /  
CALL NURSE



တတ်ဟးလီ /  
TOILET



မၤတၢ် / HELP



တၢ်အိဉ်လီ /  
MEALS AREA



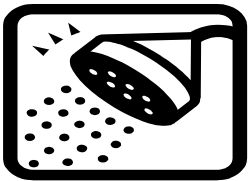
တၢ်သူးတၢ်ဂၤလၢကအိဉ်ဆူဉ်  
ထီဉ်အဂီ /  
THERAPY



မုၢ်နၢၤခိတၢ်သးလီ /  
BED PAN



သံဉ်ခွံခိဉ် /  
BRUSH



တၢ်လုဉ်ထံ /  
SHOWER



ထံအိကီ /  
HOT DRINK



ထံအိခုဉ် /  
COLD DRINK



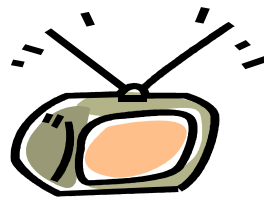
သးဝံဉ်သး /  
HUNGRY



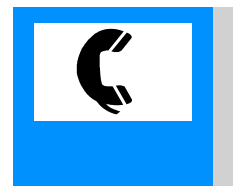
ထံ / WATER



တၢ်ထူးမဲ /  
TOOTH BRUSH



ကွဲၤဟူဖျါ /  
TELEVISION



လီတဲစိ /  
TELEPHONE

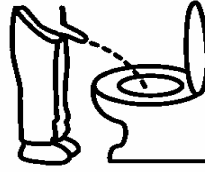
# INSTRUCTIONS



ဆာထာ် /  
STAND UP



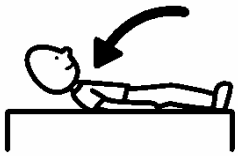
ဆု်နီ /  
SIT DOWN



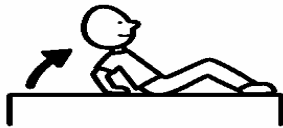
ဆံ်ဆါ / URINE



အု်နီဆါ /  
FAECES



မံလီ / LIE DOWN



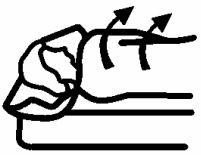
ဆု်နီ / SIT UP



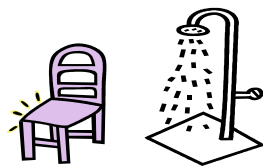
ကူး / COUGH



နီသိလု် / DRIVE



ဟ်တရံးသး /  
TURN



တံလု်ထံလီအလီဆု်  
နီ / SHOWER  
CHAIR



သုစု / WASH



သုကဆိုသးလံလီမံခိ်  
/ WASH IN  
BED



မၤတံဟူးတံဂဲ /  
EXCERCISE



ကသါမုဆု် /  
DEEP BREATH



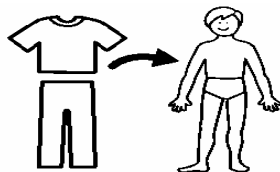
တံစုမု်ခိ်မု် /  
CUT NAILS



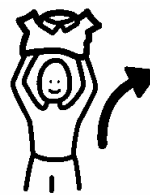
မံ / SLEEP



ဟး / WALK



ကူကၢထီ် /  
DRESS



ဘု်လီကူကၢ /  
UNDRESS



ထူးပု်လီ / SPIT

# FAMILY



ဝါ / HUSBAND



မိ / WIFE



ပါ / FATHER



မိ / MOTHER



မိခွါ / SON



မိမုန့် / DAUGHTER



ဒီပုဂံခွါ /  
BROTHER



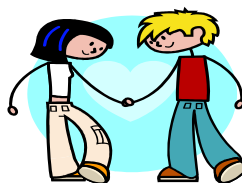
ဒီပုဂံခွါမုန့် /  
SISTER



ဖု /  
GRANDFATHER



မံ /  
GRANDMOTHER



မိခံမိသန့် /  
CHILDREN



ဟံန့်ဆန့်မိကီဖိ /  
PETS



ဟံန့်မိယီဖိ / FAMILY

# COMMUNITY

KAREN



ဟံဉ်/ HOME



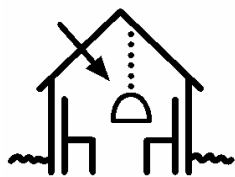
တၢ်ဆါဟံဉ် /  
HOSPITAL



တၢ်မၤ / WORK



ထံကီၢ် /  
COUNTRY



အပူၤ / INSIDE



အချၢ် / OUTSIDE



လိာ်မံဒၢး /  
BEDROOM



အိၣ်မၤလိာ် /  
KITCHEN



သိလုဉ် / CAR



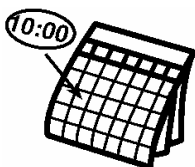
ထဲးကစံဉ် / TAXI



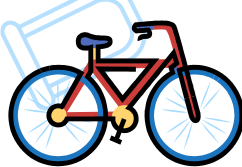
ဘၢးစံ / BUS



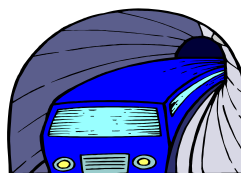
သိလုဉ်တိၣ်ပုၤဆါ /  
AMBULANCE



တၢ်သုဉ်ဖးဆၢက  
တီၢ် / APPOINTMENT



လုဉ်ယီၢ် /  
BICYCLE



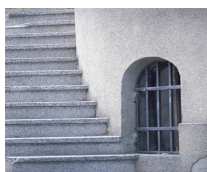
ထွဲ / TRAIN



တၢ်မၤလိကီၢ် /  
SCHOOL



ယိပ်တီၢ်တဖဉ် /  
STEPS



ယိသ့ / STAIRS



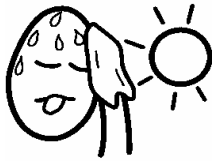
လီၤတဲာ် / FALL



ဖီအိၣ်တၢ် / COOK

# DESCRIPTIONS

KAREN



ကိတ် / HOT



ခုန် / COLD



ခိပ်တယူ / DIZZY



သးစူး /  
CONFUSED



သးဖုံ / HAPPY



သးအူး / SAD



ပျံတင် / SCARED



သးခိပ်ထိပ် /  
ANGRY



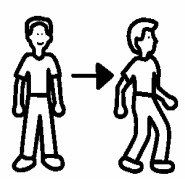
တင်ဘုံးသး / TIRED



ဆူးဆါ / PAIN



အိပ်ဘုံးအိပ်သါ /  
RELAXED



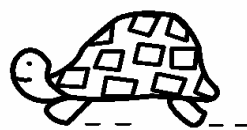
ဟးထိပ် /  
LEAVING



ဂု / GOOD



တဂုဘဉ် / BAD



ကနု / SLOW



ချ / FAST



အစုန် / LEFT



အထွဲ / RIGHT



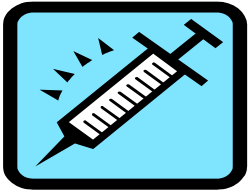
အဖီခိပ် / UP



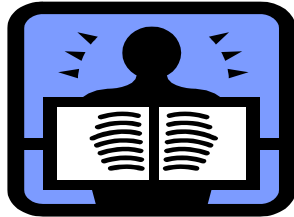
အဖီလင် / DOWN

# MEDICAL

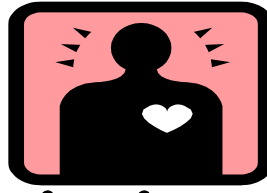
KAREN



ဆဲးကသံဉ်/  
INJECTION



အဲးစူရူ/ X- RAY



တၢ်မၤကွၢ်သး /  
ECHOCARDIOGRAM



တၢ်ကိၢ်တၢ်ခုဉ် /  
TEMPERATURE



ကသံဉ်ကသီ /  
MEDICATION



သွံဉ်လီၤ/  
BLEEDING



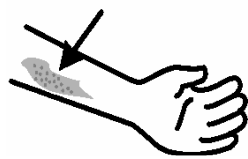
သွံဉ်စံဉ် ၵါ /  
HIGH BLOOD  
PRESSURE



သွံဉ်စံဉ်စူၤ /  
LOW BLOOD  
PRESSURE



တၢ်မၤကွၢ်သွံဉ် /  
BLOOD TEST



ပနီၤထီဉ်/ RASH



တၢ်ပူၤလီၢ်/ WOUND



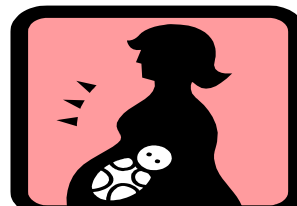
သုတၢ်ပူၤလီၢ် /  
CHANGE  
DRESSING



ကူးကွဲး/  
OPERATION



မၤကွၢ်ခိဉ်နူဉ် /  
NEUROLOGY  
TEST



တၢ်အိဉ်ဖိဆံး/  
MATERNITY



တယၢ်လၢ/  
WEIGHT



ဆံဉ်ဆၢတၢ်ဆါ /  
DIABETES



အိဉ်တၢ်အိတၢ်တဲး/  
ALLERGY



မၤကွၢ်မဲဉ်ချံ /  
EYE TEST



မၤကွၢ်နီ /  
HEARING TEST



# OBJECTS

KAREN



မိတ်ထံကလး/  
MIRROR



ကွဲလုလိ/  
RADIO



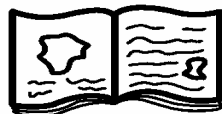
နပ်ရံ/  
CLOCK



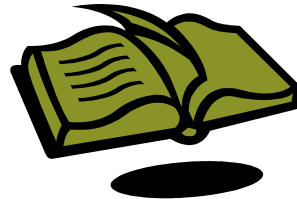
မုခ်အူသပ်/  
LIGHT



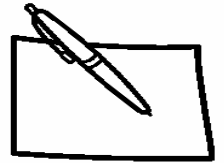
လံာ်တၢ်ကစီၣ်/  
NEWSPAPER



လံာ်မဲးကစံ/  
MAGAZINE



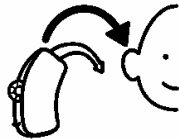
လံာ်ဖး/  
BOOK



တၢ်ကွဲးဘိ/စးခိ  
PEN / PAPER



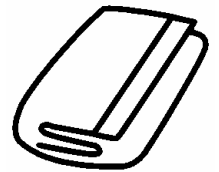
မိတ်ထံကလး/  
GLASSES



နီၤစးလၢကနံၣ်ဟူတၢ်အဂီၢ်  
/ HEARING AID



မဲအတူး/  
DENTURES



ယၣ်မံလုး/  
BLANKET



လီၤဆွဲၣ်နီၤဝံာ်တရံး  
/ WHEELCHAIR



နီၤထိးဘိ /  
WALKING  
STICK



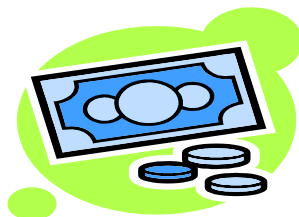
နီၤထိးဘိလုၣ်/  
WALKING  
FRAME



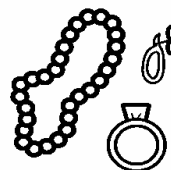
စါဒီး/  
CRUTCHES



တၢ်ကးကျါး /  
SPLINT



ကျိၣ်စု/ MONEY



တၢ်ထူးတၢ်တီၤ /  
JEWELLERY



မိတ်ထု/  
CIGARETTE

# PEOPLE

KAREN



ကသံဉ်သရဉ်ဒိဉ်/  
DOCTOR



ကသံဉ်သရဉ်/  
NURSE



ဖိသဉ်ကသံဉ်သရဉ်/  
PAEDIATRICIAN



ပုၤမၤကွၢ်နီၤဖိ/  
AUDIOLOGIST



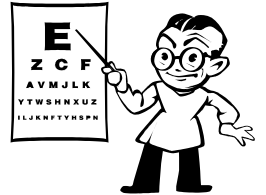
ပုၤသုပုၤဘဉ်ဘဉ်ထွဲဒိဉ်န့ဉ်တၢ်ဆိဂ့ၢ်ဖိ/  
PSYCHOLOGIST



ဒိဉ်န့ဉ်တၢ်ဆိကသံဉ်သရဉ်/  
PSYCHIATRIST



ပုၤမၤကွၢ်မၢ်ချံဖိ/  
OPHTHALMOLOGIST



မၢ်ချံကသံဉ်ကရဉ် /  
OPTOMETRIST



ကွၢ်ဂီၤတၢ်ဟူးတၢ်ဂဲၤသရဉ်/  
PHYSIOTHERAPIST



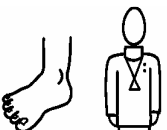
ကွၢ်ဂီၤတၢ်ဟူးတၢ်ဂဲၤသရဉ်  
လၢပုၤလၢအဘဉ်ဒိဘဉ်ထံး  
လၢတၢ်မၤလီၤ  
/ OCCUPATIONAL  
THERAPIST



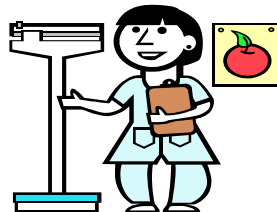
ပုၤတဲတၢ်တဘဉ်သရဉ်/  
SPEECH  
THERAPIST



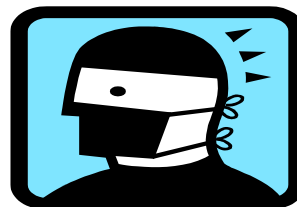
ပုၤဂ့ၢ်ဝိပုၤမၤတၢ်ဖိ /  
SOCIAL  
WORKER



ဒိဉ်လဉ်ကသံဉ်သရဉ်/  
PODIATRIST



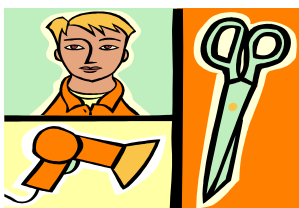
တၢ်အိဉ်တၢ်အိသရဉ်မုဉ်/  
DIETICIAN



ကသံဉ်သဉ်ကွဲးတၢ် /  
SURGEON



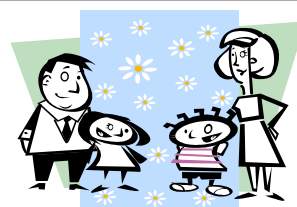
ပုၤစံၢ်တၢ်ဖိ/  
MASSEUR



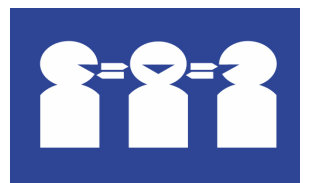
ပုၤတံၢ်ခိဉ်ဖိ/  
HAIRDRESSER



ကွီသရဉ်မုဉ်/  
TEACHER



ပုၤဟးလိဉ်ကွဲး/  
VISITORS



ပုၤတဲကွီဉ်ထံတၢ်ဖိ/  
INTERPRETER

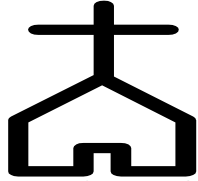


# RELIGION

KAREN



ပုခရ်ဖိ/  
CHRISTIAN



တၢ်ဘိယုၤကွံ/  
CHURCH



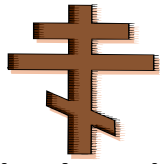
ပါဒိၣ်/  
PRIEST



ခဲးသလုး/  
CATHOLIC



ပုလူၤထွဲခရ်ဖိတၢ်ဘိ  
လိၣ်လံၤ /  
ORTHODOX



ရိၣ်ခရ်ဖိတၢ်ဘိလိၣ်  
လံၤ /  
RUSSIAN  
ORTHODOX



လံာ်စီဆုံ/  
BIBLE



တၢ်ဘိထုကဖၣ်လိၣ်  
/ CHAPEL



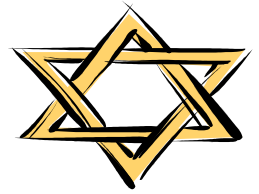
ပုမူၤစလုၣ်ဖိ/  
MUSLIM



ယုၤဖါထုကဖၣ်/  
PRAY



အုၣ်မၤ/  
IMAM



ပုယုၤဒၢဖိ/  
JEWISH



ပုယုၤဒၢဖိတၢ်ဘိ  
လိၣ်/  
SYNAGOGUE



ရၢဘံ/  
RABBI



ဟ့ၣ်ဒုၣ်/  
HINDU



ဘုးဒံး/  
BUDDHIST



သီခါ /  
MONK



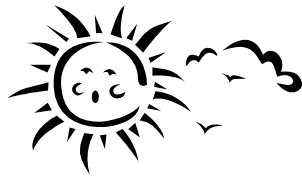
စုံနီၣ်/  
SHINTO

# TIME

KAREN



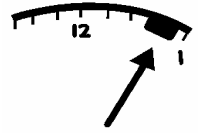
တၢ်ဆၢကတိၢ် /  
TIME



မ့ၢ်ဆါဒီး /  
DAY



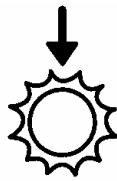
မ့ၢ်နၤဒီး /  
NIGHT



မံနံး /  
MINUTE



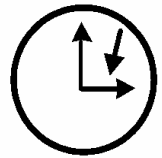
မဟၢကၢၤ /  
YESTERDAY



တနံၤအံၤ /  
TODAY



ခဲမ့ၢ်ဆုၣ် /  
TOMORROW



နၣ်ရံၣ် /  
HOUR

x 1

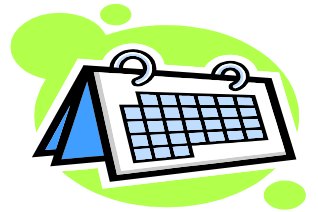
တဘျီ /  
ONE TIME

x 2

ခံဘျီ /  
TWO TIMES

x 3

သၢဘျီ /  
THREE TIMES



လါ /  
MONTH

Su M T W

Th F Sa

နီၣ် / WEEK

# DAYS

KAREN

|                         |                         |                          |                           |
|-------------------------|-------------------------|--------------------------|---------------------------|
| မုၢ်တနံၤ<br>/ MONDAY    | မုၢ်ခဲနံၤ<br>/ TUESDAY  | မုၢ်သၢနံၤ<br>/ WEDNESDAY | မုၢ်လွၢ်နံၤ<br>/ THURSDAY |
| မုၢ်ယဲၢ်နံၤ<br>/ FRIDAY | မုၢ်ယုနံၤ<br>/ SATURDAY | မုၢ်နွံနံၤ<br>/ SUNDAY   |                           |

# MONTHS

|                            |                              |                         |                           |
|----------------------------|------------------------------|-------------------------|---------------------------|
| လိယနူၤအါရံၤ /<br>JANUARY   | လိဖူၤတြုၤအါရံၤ /<br>FEBRUARY | လိမာ်စး /<br>MARCH      | လိအုၤဖျး /<br>APRIL       |
| လိမုၤ /<br>MAY             | လိယုၤ /<br>JUNE              | လိယုၤလံ /<br>JULY       | လိအီၤကူၤ /<br>AUGUST      |
| လိစးပထုၤဘၢ် /<br>SEPTEMBER | လိအီးကထိၤဘၢ် /<br>OCTOBER    | လိနဝုၤဘၢ် /<br>NOVEMBER | လိဒုၤန့ၤဘၢ် /<br>DECEMBER |

|       |       |       |       |       |
|-------|-------|-------|-------|-------|
| 1/၁   | 2/၂   | 3/၃   | 4/၄   | 5/၅   |
| 6/၆   | 7/၇   | 8/၈   | 9/၉   | 10/၁၀ |
| 11/၁၁ | 12/၁၂ | 13/၁၃ | 14/၁၄ | 15/၁၅ |
| 16/၁၆ | 17/၁၇ | 18/၁၈ | 19/၁၉ | 20/၂၀ |
| 21/၂၁ | 22/၂၂ | 23/၂၃ | 24/၂၄ | 25/၂၅ |
| 26/၂၆ | 27/၂၇ | 28/၂၈ | 29/၂၉ | 30/၃၀ |
|       |       |       |       | 31/၃၁ |

## ဆါအပတီၢ် / LEVEL OF PAIN

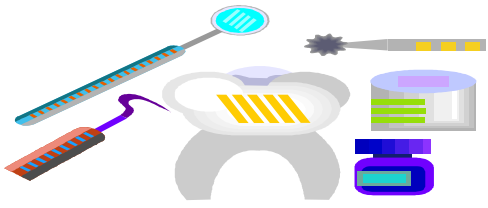
1      2      3      4      5      6      7      8      9      10

စ့ၤ / LOW

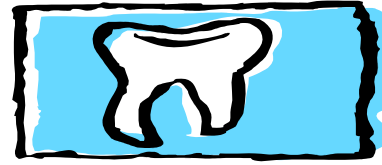
နဲး / BAD

# DENTAL

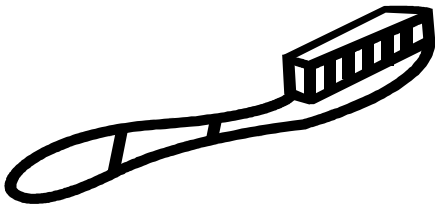
KAREN



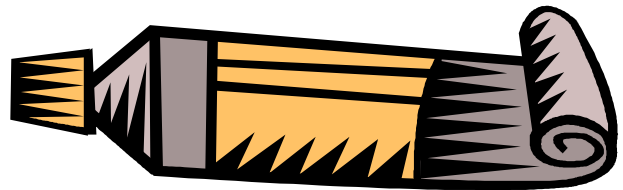
ကသံဉ်သရဉ်ကွၢ်မဲ/ DENTIST



မဲ/ TOOTH



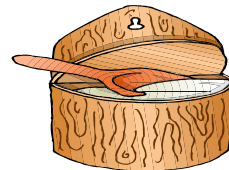
တၢ်ထူးမဲဘိ/ TOOTHBRUSH



တၢ်ထူးမဲအ့ဉ်/ TOOTHPASTE



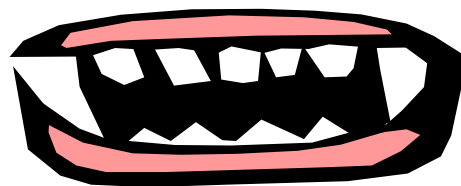
ပလီ/ BOTTLE



တၢ်ဆါ/ SUGAR



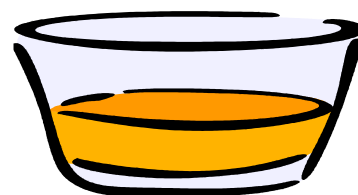
မဲလၢအဂ့ၢ်/ GOOD TEETH



မဲလဲတဂ့ၢ်/ BAD TEETH



တၢ်သူတၢ်သဉ်/ FRUIT



ဝံ/ WATER