

**SOSIAALI- JA TERVEYSMINISTERIÖ**

**PAKOLAISTOIMISTO**

**STM:N MONISTEITA 1993:23**

**Terveyssanasto  
Terveysavain  
englanti**

**Sanastoa terveydenhoitajille ja  
terveydenhoito-ohjeita pakolaisille**

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SOSIAALI- JA TERVEYSMINISTERIÖ

11.10.1993

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 Tekijät (toimielimestä: toimielimen nimi, puheenjohtaja, sihteeri)

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 Julkaisun laji  
 STM:n monisteita

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 Toimeksiantaja  
 STM:n pakolaistoimisto

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 Toimielimen asettamispvm  
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 Julkaisun nimi (myös ruotsinkielinen)  
 TERVEYSSANASTO - TERVEYSVAIVAIN  
 ENGLANTI

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 Julkaisun osat

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 Tiivistelmä

Terveyssanasto koostuu yksinkertaisista kysymyksistä, joita terveydenhuollossa tarvitaan. Terveyssanasto 1 sisältää seuraavat tilanteet: asiakkaan henkilötietojen selvittäminen, omaisten tiedot, taustatiedot, neuvolakäynnit, koulu-terveydenhuolto, suun terveydenhuolto, terveysaseman päivystys ja sairaalahoido.

Terveysvain sisältää 19 ohjetta perusterveydenhuollosta, henkilökohtaisesta hygieniasta ja rokotuksista.

Kyseessä on koekäyttöön tarkoitettu julkaisu, joten jatkotoimenpiteistä päätetään vasta kokeilun ja saadun palautteen pohjalta.

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 Avainsana: (asiasanat)

terveyssanasto, terveydenhoito-ohjeita

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 Muut tiedot

Terveyssanasto on käännetty arabiaksi, englanniksi, persiaksi, ranskaksi, serbokroatiaksi, somaliksi, venäjäksi ja vietnamiksi ja Terveysvain aluksi vain albaniaksi. Kukin kieli ilmestyy omana monisteena.

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 Sarjan nimi ja numero  
 Sosiaali- ja terveysministeriön  
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## ENGLANTI - TERVEYSSANASTO - TERVEYSAVAIN

### KÄYTTÄJILLE

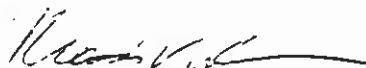
Terveyssanasto on tarkoitettu pakolaisten ja turvapaikanhakijoiden kanssa työskentelevän terveydenhuoltohenkilöstön käyttöön. Terveyssanasto ei voi koskaan korvata omaa kielitaitoa, ammattitaitoista tulkkia eikä oman ammattitaidon ja erilaisen kulttuuritaustan omaavan potilaan tai asiakkaan vuorovaikutusta. Se tarjoaa vain vaatimatonta apua ja "hiukan kättä pidempää".

Terveyssanasto koostuu yksinkertaisista kysymyksistä, joita terveydenhuollossa tarvitaan. Terveyssanasto sisältää kysymyksiä seuraavista tilanteista: henkilötiedot, perhesuunnittelu, neuvolakäynnit, kouluterveydenhuolto, suun terveydenhuolto, ilta- ja viikonloppupäivystys ja sairaalahoito. Somalinkielisessä terveyssanastossa on myös synnytyssanasto.

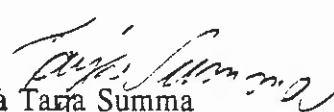
Terveysavain koostuu terveydenhoito- ja sairaanhoito-ohjeista. Monisteessa on seuraavat ohjeet: kuumeen mittaaminen, kuumeen hoito, flunssan hoito-ohjeita, päättain hoito, syyhyypunkin hoito, suolistolaiset, salmonellosis, ummetuksen hoito, ripulin hoito, ohje hepatiitti B:n kantajalle, tuberkuloosi, virtsa- ja ulostenäyte, kuinka käytän kondomia ja rokotukset. Tarkoitus on, että terveydenhoitaja kopioi potilaalle omasta "käsikirjastaan" tämän tarvitseman ohjeen.

Terveyssanasto ja terveysavain ovat saaneet alkunsa pakolaisten ja turvapaikanhakijoiden vastaanoton parissa työskentelevien terveydenhoitajien aloitteesta. Lähtökohtana on aineisto, jonka he ovat muokanneet. He ovat kehittäneet tätä materiaalia yhdessä sosiaali- ja terveysministeriön pakolaistoimiston kanssa. Erikoissuunnittelija Helinä Kokkarinen on muokannut sanaston. Saamme kiittää terveydenhoitajia siitä, että tämä aineisto on nyt kaikkien käytettävissä. Kiitos kuuluu myös erikoistutkija, LL Hanna Nohynekille, joka on käynyt läpi terveysavaimen tekstit ja tehnyt niihin korjauksia ja parannuksia. Terveyssanaston on kääntänyt Elizabeth Pitkänen ja Terveysavain on käännetty sosiaali- ja terveysministeriön kansainvälisten asiain toimistossa.

Tässä monisteessa on kehittämisen ja uudistamisen varaa. Tämä on yksi syy siihen, että Terveyssanasto ja terveysavain ilmestyvät monisteena. Toinen syy on kustannusten säästö: jokainen käyttäjä voi kopioida monistetta tarpeidensa mukaan. Säästämme myös kääntäjien voimavaroja, kun Terveysavaimen ohjeet nyt saadaan valtakunnalliseen käyttöön. Kaikki palaute on tervetullutta.



Toimistopäällikkö Mervi Virtanen



Tp. tiedottaja Tarja Summa

# TERVEYSSANASTO 1: SUOMI - ENGLANTI

ASIAKKAAN HENKILÖTIETOJEN  
SELVITTÄMINEN

INVESTIGATION OF CLIENT'S  
PERSONAL DETAILS

## HENKILÖTIEDOT

## PERSONAL DETAILS

1. Kirjoita henkilötietosi tähän, ole hyvä.
2. Onko sinulla KELA/sairasvakuutus korttia?
3. Mikä on sinun sukunimesi?
4. Mikä on sinun etunimesi?
5. Mikä on syntymäaikasi?
6. Minä vuonna olet syntynyt?
7. Missä kuussa olet syntynyt?
8. Monesko päivä olet syntynyt?
9. Mikä on henkilötunnuksesi?

1. Write your personal details here, please.
2. Have you got a KELA national health insurance card?
3. What is your surname/ family name?
4. What are your forenames/ given names?
5. When were you born?
6. What year were you born?
7. What month were you born?
8. What day (date) were you born?
9. What is your social security number?

## OSOITETIEDOT

## ADDRESS

1. Mikä on osoitteesi?
2. Kirjoita osoitteesi, ole hyvä.
3. Onko sinulla puhelinta?
4. Mikä on puhelinnumerosi?
5. Mikä on työpaikkasi puhelinnumero?

1. What is your address?
2. Please write your address.
3. Do you have a telephone?
4. What is your telephone number?
5. What is your telephone number at work?

## LAPSEN HENKILÖTIEDOT

## DETAILS OF CHILDREN

1. Lapsen nimi.
2. Alleviivaa lapsen kutsunimi, ole hyvä.
3. Äidin/isän/huoltajan nimi.
4. Lapsen sisarukset ja iät sekä nimet.
5. Missä lapsi on hoidossa?
6. Missä koulussa lapsi on?
7. Onko sinulla neuvolakorttia?

1. Name of child.
2. Underline the name that you call your child.
3. Name of mother/father/guardian.
4. Child's brothers and sisters, their ages and names.
5. Is the child in daycare? Where?
6. What school does your child go to?
7. Have you got a child's health clinic/ maternity clinic card?

**OMAISTEN TIEDOT****DETAILS OF RELATIVES**

1. Oletko naimaton?	1. Are you unmarried?
2. Oletko naimisissa?	2. Are you married?
3. Oletko eronnut?	3. Are you divorced?
4. Oletko leski?	4. Are you a widow/widower/Is your husband/wife dead?
5. Oletko avoliitossa?	5. Are you living with someone?
6. Onko sinulla lapsia?	6. Have you any children?
7. Kuinka monta lasta sinulla on?	7. How many children have you got?
8. Minä vuonna lapsesi ovat syntyneet?	8. What year/s were your children born?
9. Kuka on lähin omaisesi?	9. Who is your next of kin/nearest relative?
10. Kuka on lähin tuttavasi tai ystäväsä Suomessa?	10. Who is your closest friend in Finland?
11. Mikä on hänen osoitteensa?	11. What is his/her address?
12. Mikä on hänen puhelinnumerosa?	12. What is his/her telephone number?

**ASIAKKAAN TAUSTATIEDOT****BACKGROUND INFORMATION ON CLIENT**

1. Mikä on äidinkielesi?	1. What is your mother tongue/first language?
2. Minkä maan kansalainen olet?	2. What is your nationality?
3. Mikä on etninen taustasi?	3. What is your ethnic background?
4. Mitä kieliä puhut?	4. What languages can you speak?
5. Tarvitsetko tulkkia?	5. Do you need an interpreter?
6. Minkä kielisen tulkin haluat?	6. What language do you want your interpreter to speak?
7. Osaatko lukea?	7. Can you read?
8. Osaatko kirjoittaa?	8. Can you write?
9. Ymmärrätkö suomalaisen tapaan kirjoitettuja kirjaimia/numeroita?	9. Do you understand the kind of writing and numbers we use in Finland?
10. Mikä on ammattisi?	10. What is your profession?
11. Oletko koululainen?	11. Are you still at school?
12. Oletko opiskelija?	12. Are you a student?
13. Oletko kotirouva/-äiti?	13. Are you a housewife/mother?
14. Oletko ollut töissä?	14. Have you ever had a job?

TERVEYSASIAKIRJAT

HEALTH RECORDS

<p>Saako sinua koskevia terveys-tietoja hankkia/luovuttaa hoi-dostasi vastaavien työnteki-jöiden käyttöön?</p>	<p>Can I get your health records and give them to the staff responsible for your medical care?</p>
<p>Onko sinulla          * neuvolakortti          * ajanvarauskortti          * KELA/sairausvakuutus kortti           * rokotuskortti          * terveyskortti?</p>	<p>Have you got          * a maternity clinic card          * an appointment card          * a KELA national health insurance card          * a vaccination card          * a Health Card?</p>

TERVEYDENHOITO

HEALTH CARE

PERHESUUNNITTELU- JA  
ÄITIYSNEUVOLASSA

FAMILY PLANNING AND  
MATERNITY CLINIC

Tuleeko sinulla verta alapäästä kerran kuukaudessa?	Do you have your menstrual period? /bleeding every month?
Onko sinulla kuukautiset?	Have you got your period/ bleeding now?
Kuinka vanha olit, kun kuukautiset alkoivat?	How old were you when your periods/bleeding started?
Kuinka pitkä aika on kuukautisten alusta seuraavien kuukautisten alkuun?	How many days between the start of one period and the start of the next?
Kuinka pitkä on kuukautiskierrosi?	How long is your menstrual cycle?
Kuinka monta päivää vuoto kestää?	How many days do you bleed?
Milloin olivat kuukautiset viimeksi?	When was your last period?
Onko kuukautisvuoto * normaalia * niukka * runsas?	Is your bleeding * normal * very little * heavy /a lot of blood?
Ovatko kuukautesi säännölliset?	Are your periods regular?
Onko sinulla kuukautiskipuja?	Do you have period pains?
Onko sinulla alavatsakipuja?	Do you have pains in your stomach, lower down?
Käytätkö kalenteria seuratesasi kuukautisiasi?	Do you use a calendar to count your period days?
Tuleeko kuukautisiesi välillä jotain muuta vuotoa?	Do you ever have other types of discharge between your periods?
Onko vuoto * veristä * pahanhajuista * paksua, paakkuista, vihertävää?	Is the discharge * bloody? * Does it smell bad? * Is it thick, lumpy, or green?
Onko alapäässä kutinaa, kirvelyä, haavaumia?	Do you have itching, soreness or ulcers/sores in your genitals/down there?
Onko aikaisempia * tulehduksia * leikkauksia * keskenmenoja * keskeytyksiä? - montako?	Have you ever had * infections * an operation * miscarriages * terminations/abortions? - how many?

Onko sinulle tehty ympärileikkaus? Minkä ikäisenä?	Have you been circumcised? At what age?
Onko kirvelyä virtsatessa?	Do you have soreness when you pass water/urinate?
Oletko käyttänyt mitään ehkäisyä? * keskeytetty yhdyntä * varmat päivät * pillerit * kierukka  * kondomi * pessaari	Have you used contraception?  * withdrawal * the safe period * contraceptive pills * intrauterine device/ the coil /loop * condoms/sheaths/rubbers * the diaphragm/rubber ring
Milloin sinulle on viimeksi tehty gynekologinen tutkimus?	When did you last have a gynaecological examination? /when did the doctor last examine you down there?
Milloin sinulta on otettu viimeksi irtosolunäyte (papa)?	When did you last have a Pap smear test?
Oletko itse tuntenut kierukan langat?	Have you felt the threads from the coil?
Haluatko raskauden ehkäisyä?	Do you want contraception?
Onko sinulle tehty sterilisatio?	Have you been sterilized?
Milloin olet viimeksi ollut sukupuoliyhteydessä?	When did you last have intercourse/have sex?
Onko sinulla vakituinen sukupuolipartneri?	Have you got a steady sexual partner?/boyfriend?
Onko sinulla useita sukupuoli partnereita?	Have you got more than one sexual partner/boyfriend?
Oletko ollut aikaisemmin raskaana? - Kuinka monta kertaa?	Have you been pregnant before? - How many times?
Onko sinulla aikaisempia synnytyksiä? - Kuinka monta?	Have you had a baby before? - How many?
Oletko synnyttänyt alateitse? - Kuinka monta kertaa?	Have you given birth normally? - How many times?
Onko sinulle tehty keisarinleikkaus? - Kuinka monta kertaa?	Have you had a cesarean section? /Did they cut your tummy? - How many times?
Oletko nyt raskaana? - Kyllä / ei / en tiedä.	Are you pregnant now? - Yes / No / I don't know.
Raskaustesti tehdään aamuvirtsasta laboratoriossa.	We need morning urine/ the first water you pass in the morning for the pregnancy test in the laboratory.
Tupakoitko? - Kuinka monta savuketta päivässä?	Do you smoke? - How many cigarettes a day?



Käytätkö alkoholia?	Do you drink alcohol?
Käytätkö säännöllisesti jotakin lääkettä? - Kirjoita lääkkeen nimi, ole hyvä.	Do you take any medicine regularly? - Please write the name of the medicine.
Kuinka kauan olet ollut raskaana?	How long have you been pregnant?
Raskaus kestää normaalisti 40 viikkoa.	Pregnancy normally lasts for 40 weeks.
Aluksi käyt äitiysneuvolassa kerran kuukaudessa, raskauden edetessä useammin.	You should come to the clinic once a month at the beginning. Come more often later in your pregnancy.
Jokainen raskaana oleva käy vähintään kerran sairaalan äitiyspoliklinikalla.	Every pregnant woman should visit the hospital maternity clinic at least once.
Lääkärin tapaat noin neljä kertaa.	You will see the doctor about four times.
Äitiyspoliklinikalla seurataan sikiön kehittymistä.	The hospital maternity clinic checks the development of the fetus/your baby.
Tuleeko lapsen isä mukaan synnytykseen?	Will the child's father be present at the birth?

**NEUVOLASSA ÄIDILLE TEHTÄVÄT  
TARKASTUKSET**

**MATERNITY CLINIC EXAMINATION  
OF MOTHER**

Jätä virtsanäyte tähän purkkiin, ole hyvä.	Please take this cup and fill it with urine.
Otetaan verinäyte * sormenpäältä * kyynärtaipeesta	We'll take a blood sample * from your finger * from your arm.
Punnitaan. Mitataan.	We'll weigh you. We'll measure you.
Mitataan verenpaineesi.	We'll take your blood pressure.
Nousisitko tutkimuspöydälle.	Please get on the bed so I can examine you.
Ottaisitko vatsan paljaaksi.	Please uncover your stomach.
Teen ulkotutkimuksen.	I'm doing an external examination. /First I look at the outside.
Mittaaan kohdun korkeuden/vatsan ympäryksen.	I'm measuring the height of your womb. /I'm measuring round your tummy.
Kuuntelen torvella/sydänäänilaitteella sikiön sydänäänit - seuratakseni raskauden edistymistä ja sikiön vointia.	I'm listening to your baby's heart with this trumpet/special machine - to see how your pregnancy is progressing and that your baby is well.
Raskaus edistyy normaalisti. Kaikki on hyvin.	Your pregnancy is normal. Everything is fine/OK.
Tule käymään lääkärin vastaanotolla, ole hyvä.	Please come and see the doctor.
Tule uudestaan vastaanotolleni, ole hyvä.	We want you to come again.
Seuraava aika terveydenhoitajan vastaanotolle _____	Your next appointment to see /The next time you must see the nurse is _____
Seuraava aika lääkärille _____	Your next appointment with /The next time you must see the doctor is _____
Täytämme yhdessä seuraavat avustushakemukset: * äitiysavustushakemus * äitiys-, isyys- ja vanhempainraha-hakemus	We must fill in these application forms: * maternity grant * allowance for mother's father's and parent's leave.

<p>Vie tämä paperi</p> <ul style="list-style-type: none"> <li>* työnantajalle</li> <li>* KELA:n toimistoon</li> <li>* sosiaalitoimistoon</li> <li>* asuntovirastoon</li> <li>* puolison työpaikalle</li> </ul>	<p>One more form</p> <ul style="list-style-type: none"> <li>* for your employer/for work</li> <li>* for KELA, the Social Insurance Institution</li> <li>* for the city social services department/office</li> <li>* for the city housing department/office</li> <li>* for your spouse's employer /workplace</li> </ul>
Osoite on _____	The address is _____
Liiku säännöllisesti.	Take regular exercise. /Go outdoors and move about.
Syö monipuolisesti.	Eat a varied diet /plenty of meat and vegetables.
Vältä rasvaisia, suolaisia ja makeita ruokia.	Don't eat too much fatty, salty or sweet food.
Älä tupakoi, älä käytä alkoholia raskauden aikana.	Don't smoke or drink during pregnancy.
Yhdyntä on mahdollinen koko raskauden ajan, ellei lääkäri anna muita ohjeita.	You can make love throughout pregnancy unless your doctor tells you not too.
Käytä vain lääkärin määräämiä lääkkeitä raskauden aikana.	Use only medicines prescribed /ordered by the doctor during pregnancy.
Vältä lääkkeiden käyttöä raskauden aikana.	Avoid taking medicine during pregnancy.
Jos sinulla on raskautesi aikana veristä vuotoa, voimakasta kipua tai muita oireita, ota heti yhteyttä neuvolaasi.	If during pregnancy you have blood loss, strong pains or other symptoms, get in touch with the clinic immediately.
Lapsesi syntyy _____	Your baby will be born on _____
Suomessa isä tai tukihenkilö voi tulla mukaan synnytykseen. Hänen tulee tällöin osallistua synnytysvalmennukseen.	In Finland the father or someone close to you can be present at the birth. Anyone who will be present must come to the preparation class.
Kun sinulla on säännöllisiä supistuksia ja/tai lapsivettä alkaa valua alapäästä, lähde synnytysairaalaan.	When you have regular contractions or the waters break go to the maternity hospital.
Synnytys sairaalan osoite on _____	The address of the maternity hospital is _____

## HENKILÖKOHTAINEN HYGIENIA

## PERSONAL HYGIENE

Millaista kuukautissuojaa käytät?	What kind of sanitary protection do you use during menstruation/your period?
A. En käytä kuukautissuojaa. B. Käytän * kertakäyttöistä sidettä * itsetehtyä kuukautissuojaa * emättimen sisään laitettavaa tamponia.	A. None B. I use * disposable sanitary towels * homemade towels * internal tampons
Suorita alapesu päivittäin pelkällä vedellä.	Wash your genitals every day with water not soap.
Vaihda kuukautissuoja useita kertoja päivässä.	Change your sanitary protection several times a day.
Vaihda alusvaatteet päivittäin.	Change your underwear every day.
Pese kätesi WC:ssä käynnin jälkeen.	Wash your hands after using the lavatory/toilet/WC.

## ÄITIYSNEUVOLASSA

## AT THE MATERNITY CLINIC

Ovatko kuukautiset säännölliset?	Are your periods regular?
Onko kuukautiskipuja?	Do you have period pains?
Onko valkovuotoa?	Have you got a white discharge/thrush?
Oletko raskaana?	Are you pregnant?
Virtsakoe/aamuvirtsat.	Urine test/ Your first water in the morning.
Onko aikaisempia raskauksia? - Kuinka monta?	Any previous pregnancies? - How many?
Onko aikaisempia synnytyksiä? - Montako?	Have you given birth before? - How many times?
Normaalisynnytys tai keisarileikkaus?	Was the birth normal or did you have a cesarean section? /did they have to cut you?
Imetättekö vielä?	Are you still breast feeding?
Haluatteko raskaudenehkäisyä?	Do you need contraception?
Kuunnellaan sydänäänet.	Let's listen to the baby's heart.
Tehdään sisätutkimus.	We'll make an internal examination. /We'll check the inside.

Tehdään ulkotutkimus / mitataan kohdun kasvu.	We'll make an external examination /We'll look at the outside to measure how the womb is growing.
Tutkitaan hemoglobiini.	We'll check your hemoglobin/blood.
Mitataan paino / verenpaine.	We'll weigh you. / We'll take your blood pressure.
Haluatko äitiysavustuksen pakkauskasena vai rahana?	Will you take the maternity pack or the money?
Äitiyspäiväraha, isyysraha.	Maternity leave benefit, paternity leave benefit.
Miten voit?	How are you?
Onko ollut pahoinvointia, ummetusta, väsymystä?	Have you been sick, constipated, tired?
Nukutko hyvin?	Do you sleep well?
Liikkuuko sikiövauva?	Can you feel the baby moving?
Onko supistuksia?	Have you felt any contractions?
Onko kipuja, missä?	Have you got any pains, where?

## LASTENNEUVOLASSA

## AT THE CHILD HEALTH CLINIC

Voiko vauva hyvin?	Is the baby well?
Saako vauva rintamaitoa? - korviketta?	Does the baby have breast milk? - powdered baby milk?
Kuinka usein vauva syö vuoro- kaudessa? 1 2 3 4 5 6 7 8 9 10	How many times a day does the baby feed? 1 2 3 4 5 6 7 8 9 10
Herääkö vauva yöllä syömään?	Does the baby wake at night to be fed?
Nyt punnitsemme vauvan.	Now we're weighing the baby.
Nyt mittaaamme vauvan.	Now we're measuring the baby.
Mittaaan vauvan päänympäryksen.	I'm measuring the baby's head.
Tutkin vauvan, jotta tiedän, että vauva on kehittynyt hy- vin.	I'm examining the baby to make sure he/she is growing well.
Onko sinulla terveet rinnat?	Are your breasts healthy?
Onko rinnoissa pieniä haavoja?	Have you got little cracks in your breasts?
Tekeekö imettäminen kipeää?	Does breastfeeding hurt you?
Onko koko rinta kipeä?	Is the whole breast sore?
Onko sinulla kuumetta?	Have you got a fever/ temperature?
Vauvalle annetaan 5 tippaa A- ja D-vitamiinia joka päivä.	Give the baby 5 drops of vitamin A and D every day.
Oletko antanut vauvalle joka päivä A- ja D-vitamiinitippo- ja?	Have you given the baby vitamin A and D drops every day?
Onko vauva ollut ulkona?	Has the baby been outside?
Hän voi nukkua ulkona myös talvella.	She can sleep outside even in winter.
Miten vauva on puettu, kun hän on ulkona? - aluspaita                      - alushousut - potkuhousut                    - nuttu - villatakki                      - villasukat - lapaset                         - rukkaset - myssy                            - pusero - paita                             - makuupussi - mekko                            - vaippa - muovi                            - kaulahuivi - sukkahousut                  - kengät - saappaat	What does the baby wear out of doors? - vest                              - underpants - rompers                         - matinee jacket - cardigan                        - wool socks - mittens                         - padded mittens - knitted hat                    - sweater - shirt                             - sleeping bag - dress                            - nappy - plastic                         - scarf for neck - tights                            - shoes - boots (- bootees)
Saako vauvan/lapsen rokottaa?	Can we vaccinate your baby?
Annan vauvalle/lapselle _____ rokotuksen.	I'm giving the baby its _____ _____ vaccination.

Joskus rokotuksesta tulee kuumetta.	Sometimes vaccination causes a fever/raised temperature.
Jos kuume kestää 3 päivää, sinun on vietävä vauva/lapsi lääkäriin.	If the fever/temperature continues for three days you must take the baby/child to the doctor.
Jos vauvalla/lapsella on kuumetta * vähennä vaatetta * juota paljon * anna tarvittaessa lääkettä, esim. _____	If the baby/child has a cold * remove some of his/her clothing * give plenty to drink * if necessary give medication, e.g. _____
Vauvan/lapsen iho on hyvin kuiva.	The baby's/child's skin is very dry.
Ihoa on rasvattava joka päivä, esim. _____	Rub oil, e.g. _____ into the skin every day.
Vauvan päässä on karstaa.	There is scurf on the baby's head.
Laita päähän rasvaa, esim. _____	Rub oil, e.g. _____ on the baby's head.
Harjaa/rapsuta ja pese pää.	Brush/gently scrape the head, then wash it.
Kuinka pitkä lapsen isä on?	How tall is the baby's father?
Kuinka pitkä lapsen äiti on?	How tall is the baby's mother?
Vauva/lapsi kasvaa hyvin.	The baby/child is growing well.
Vauva/lapsi kasvaa hitaasti.	The baby/child is growing slowly.
Tämä on lapsen kasvukäyrä.	This is the baby's growth curve.
Kirjoitan siihen lapsen pituuden ja painon.	I'm marking the baby's length and weight on it.
Kasvukäyrän avulla näen heti, jos lapsi kasvaa normaalisti.	I can see from the growth curve whether the child is growing normally.
Kasvukäyrän avulla voin selvittää, jos lapsella on jokin sairaus.	The growth curve helps me to know if the baby is ill.
Onko vauva/lapsi tyytyväinen?	Is your baby/child contented?
Tarvitseeko vauva/lapsi lisää ruokaa?	Does the baby/child need extra food?
Anna vauvalle rintamaitoa 1/2 - 1 vuoteen.	Give the baby breast milk for 6 months to one year.

Kolmen (3) kuukauden iästä vauvalle voi antaa keitettyjä, hienonnettuja vihanneksia: * peruna                      * kukkakaali * porkkana                    * maissi	When the baby is three (3) months old you can start to give mashed boiled vegetables: * potato                      * cauliflower * carrot                      * maize /sweetcorn
Viiden (5) kuukauden iästä vauvalle voi antaa puuroa/veliä: * riisi                              * kaura * ohra                              * ruis * mannaryyni                  * tattari * lihaa                              * kanaa * kalaa                              * kananmunaa	When the baby is five (5) months old you can start to give porridge and broth: * rice                              * oats * barley                            * rye * semolina                      * buckwheat/farina * meat                              * chicken * fish                              * egg
Yksi (1) vuotiaalle voi antaa tavallista maitoa.	When the baby is one (1) year old you can start to give ordinary cow's milk.
Älä opeta lasta suolan/sokerin käyttöön.	Don't encourage the child to eat sugar or salt.
Yksi (1) vuotiaana lapsi saa syödä tavallista ruokaa.	When the child is one (1) year you can start to give ordinary food.
Anna lapsen syödä itse.	Let the child feed him/herself.
Vauva/lapsi ei enää tarvitse tuttipulloa.	The baby/child doesn't need a bottle any longer.
Vauva/lapsi ei enää tarvitse tuttia.	The baby/child doesn't need a dummy/pacifier any longer.
Minkä ikäisenä lapsi oppi kävelemään? 1 2 3 4 5	At what age did the child learn to walk? 1 2 3 4 5
Ymmärtääkö lapsi puhetta?	Does the child understand when you speak to him/her?
Puhuuko lapsi?	Can the child talk?
Onko lapsi mielestäsi normaalisti kehittynyt/kasvanut?	Do you think the child has developed/grown normally?
Otan lapselta verikokeen.	I'm taking a blood sample to test.
Tuo lapsen pissä tässä purkissa, ole hyvä.	Please put the baby's urine in this cup and bring it here.
Otan lapselta pissakokeen.	I'm taking a urine sample.
Pidä lapsi paikoillaan, ole hyvä.	Please hold the baby still.
Näkeekö lapsi hyvin?	Can the baby see well?
Kuuleeko lapsi hyvin?	Can the baby hear well?



Mene lapsen kanssa * kuulontutkijalle * hammaslääkärille * hammashoitajalle * lääkärielle. Osoite on _____	Take the baby * for a hearing test * to the dentist * to the dental nurse * to the doctor. The address is _____
Synnytyksen jälkitarkastus on äitiysneuvolassa _____	The postnatal examination is at the maternity clinic _____
Näytän kuinka lapsen näkö ote- taan.	I'll show you how we test the baby's sight.
Kerro lapselle, että hän tekee samalla tavalla.	Tell the child to do the same thing.
Pyydä lasta piirtämään mallin mukaan.	Ask the child to copy these shapes.
Pyydä lasta leikkaamaan tämä kuva.	Ask the child to cut out this picture.
Osaako lapsi hyppiä tasajal- kaa?	Can the child jump on both feet?
Osaako lapsi hyppiä yhdellä jalalla?	Can the child hop on one leg?
Osaako lapsi ajaa polkupyörää?	Can he/she ride a bicycle?
Onko lapsella kavereita?	Has the child got any friends?
Onko lapsi päiväkodissa? - Kotona?	Is the child in the day nurse- ry? - at home?
Nukkuuko lapsi hyvin?	Does the child sleep well?
Onko lapsi allerginen * jollekin ruualle? * lääkkeelle?	Is the child allergic * to any food? * to any medicine?
Onko lapsella ollut usein kor- vatulehduksia?	Has the child had many ear infections?
Onko lapsi päivisin kuiva?	Is the child dry in the day- time?
Onko lapsi kokonaan kuiva?	Is the child dry at night too?
Teillä on terve, reipas poi- ka/tyttö.	You have got a healthy, lively boy/girl.
Seuraava neuvolatarkastus on _____	The next clinic appointment is _____
Seuraava lääkärintarkastus on _____	The next doctor's examination is _____
Suosittelien psykologin luona käyntiä.	I recommend a visit to the psychologist.
Suosittelien puheterapeutin luona käyntiä.	I recommend a visit to the speech therapist.
Varaanko ajan?	Shall I make an appointment?

## KOULUTERVEYDENHUOLTO

## SCHOOL HEALTH SERVICE

Riisuudu pikkuhoususillesi, ole hyvä.	Please take off all your clothes except for your under-pants.
Katsotaan painosi.	Let's check your weight.
Mitataan pituutesi.	Let's measure your height.
Ota sukat jalastasi.	Take off your socks.
Ota paita päältäsi.	Take off your shirt.
Seiso selkää suorana. - Katson ryhtisi.	Stand up straight. - Let's see your posture.
Taivuta vartalo eteenpäin.	Bend over forwards.
Nouse nyt hitaasti ylöspäin.	Now get up slowly.
Katso minua, näytän mallia.	Look how I do it.
Tarkistan näkösi E-tyllyllä.	This chart is for testing your vision.
Peitä oikea / vasen silmä.	Cover your right/left eye.
Osoita kädelläsi mihin suuntaan E-kirjaimen sakarat osoittavat - oikealle - vasemmalle - alas - ylös	Show with your hand which way the bars on the letter E are pointing - to the right - to the left - down - up
Onko sinulla silmälasit?	Do you wear glasses?
Näetkö luokassa hyvin taululle?	Can you see the board well in class?
Näetkö lukea?	Can you see to read?
Kuuletko hyvin?	Can you hear well?
Otan verinäytteen sormenpäätäsi.	I'm going to take some blood from your finger to test.
Onko sinulla nyt kuukautiset?	Have you got your period now?
Tule kahden viikon kuluttua verikokeeseen.	Come for a blood test in two weeks.
Veriarvosu on hyvä.	Your blood count is good.
Veriarvosu on alhainen.	Your blood count is low.
Ulkoile riittävästi.	Be sure to take enough exercise.
Anna virtsanäyte purkkiin * heti * aamulla vastaanotolla.	Put some of your water/urine in the cup * now * tomorrow in this office.
Vie ulostenäyte laboratorioon tässä purkissa.	Put a bowel motion in this cup and take it to the laboratory.

Virtsanäyte on normaali.	Your urine is normal.
Virtsanäytteen vuoksi mene lääkäriin. Aika _____ Osoite _____	Your urine sample shows that you should see the doctor. Date & time _____ Address _____
Mittaaan verenpaineesi.	Let's take your blood pressure.
Verenpaineesi on normaali.	Your blood pressure is normal.
Verenpaineesi on hieman kohonnut.	Your blood pressure is a little high.
Tule uusintamittaukseen.	Come back for another test.
Istu 10 minuuttia rauhassa ennen verenpaineen mittausta, ole hyvä.	Sit quietly for 10 minutes before we take your blood pressure, please.
Älä tupakoi 2 tuntiin ennen mittausta.	Don't smoke for 2 hours before the blood pressure check.
Onko sinulla * päänsärkyä * vatsakipuja * unettomuutta * väsymystä * kuukautiskipuja * raajasärkyä  * korvakipua * hammaskipua * yskää * nuhaa * ripulia * ummetusta * kuukautishäiriöitä?	Have you got * a headache * a stomachache * sleeplessness * tiredness * period pains * pains in your limbs /arms and legs * earache * toothache * a cough * a cold * diarrhea * constipation * irregular periods?
Pystytkö keskittymään opiskeluihisi?	Can you concentrate on your schoolwork?
Onko sinulla ystäviä koulussa?	Have you got any friends in school?
Jännitätkö luokassa?	Are you nervous in class?
Kiusataanko sinua koulussa?	Do you get bullied in school?
Onko sinulle tarjottu huumeita?	Has anyone offered you drugs?
Käytätkö huumeita?	Do you take drugs?
Tupakoitko?	Do you smoke?
Käytätkö alkoholia?	Do you drink alcohol?
Oletko masentunut?	Are you depressed?
Oletko yksinäinen?	Are you lonely?
Syötkö riittävästi koulussa / kotona?	Do you eat enough in school/ at home?
Onko sinulla harrastuksia?	Have you got any hobbies?

Moneltako menet nukkumaan?	What time do you go to bed?
Moneltako heräät aamulla?	What time do you wake up in the morning?
Harrastatko liikuntaa? - Kuinka usein? - Päivittäin? - Montako kertaa viikossa?	Do you take exercise? - How often? - Every day? - How many times a week?
Haluan keskustella vanhempiesi/hooltajiesi kanssa.	I'd like to talk to your parents/guardian.
Annan sinulle rokotuksen.	I'm vaccinating you.
Sinulla on kuumetta.	You've got a fever/temperature.
Koska tulit sairaaksi?	When did you fall ill?
Voit lähteä kotiin, minä ilmoitan opettajallesi.	You can go home, I'll tell your teacher.

SUUN TERVEYDENHUOLTO

AT THE DENTAL NURSE

Avatkaa suunne, olkaa hyvä.	Please open your mouth.
Näyttäkää sormellanne mikä hammas on kipeä.	Point to the tooth that hurts.
Hampaan sisällä on tulehdus.	Your tooth is infected.
Hoito vaatii useita käyntejä.	You will have to come back several times.
Voitte sulkea suunne.	You can shut your mouth.
Oletko * pakolainen * turvapaikanhakija * paluumuuttaja * avioliitossa suomalaisen kanssa * tilapäisellä vierailulla?	Are you * a refugee * applying for asylum * a returning emigrant * married to a Finn * here temporarily?
Mikä on virallinen kotikuntasi?	What is your official place of residence?
Missä asut?	Where do you live?
Harjatkaa hampaanne aamuin illoin.	Do you clean your teeth night and morning?
Käyttäkää fluoripitoista hammaspastaa.	Use fluoride toothpaste.
Osaatteko käyttää * hammasharjaa * hammaslankaa * hammastikkua? - Minä näytän.	Can you use a * toothbrush * dental floss * a toothpick? - I'll show you.
Pureskele ruuan jälkeen xylitol-purukumia.	Chew xylitol chewing gum after meals.
Vältä sokeripitoisia ruoka-aineita.	Avoid food with sugar in.
Valitse makeisista xylitol-vaihtoehto.	Choose sweets/candies sweetened with Xylitol.
Älä syö jatkuvasti.	Don't eat all day long.
* juuri * ydin * kruunu * etuhammas * poskihammas * kulmahammas * maitohammas * pysyvä hammas	* kiille * hermot * hammasluu
	* root * pulp * crown * front tooth * side tooth * canine tooth * milk tooth * permanent tooth
* enamel * nerves * dentine	
Hoituhuone ja -välineet on suojattu näin tartunnan leviämisen ehkäisemiseksi.	The surgery and instruments are protected like this to prevent the spread of infection.

Istukaa tuoliin, olkaa hyvä.	Please sit in the chair.
Säädämme tuolin asennon. Ette putoa.	We're changing the chair's position. You won't fall.
Haluan katsoa suuhun.	I want to look in your mouth.
- Avatkaa suu, olkaa hyvä. - Sulkekaa suu, olkaa hyvä.	- Open your mouth, please. - Shut your mouth, please.
Onko ollut särkyä? - Missä? - Miten kauan?	Have you had toothache? - Where? - For how long?
Koskeeko purressa? - Onko hammas puruarka?	Does it hurt when you bite? - Does the tooth throb when you bite?
Tekeekö kuuma / kylmä / makea kipeää?	Do hot / cold / sweet things make it hurt?
Hampaassa on reikä.	There's a hole in your tooth.
Hammas märkii.	You've got an abscess on your tooth.
Hampaat ovat ehjät, ei ole reikiä.	Your teeth are healthy with no holes.
Teillä on hammaskiveä.	You've got dental plaque.
Poistamme hammaskiven.	We're removing the plaque.
Paikkaamme hampaan.	We're filling the tooth.
Laitamme väliaikaisen paikan.	We're making a temporary filling.
Poistamme väliaikaisen paikan.	We're taking out a temporary filling.
Otamme röntgenkuvan.	We're taking an X-ray.
Haluatteko puudutuksen toimenpide kivun lievittämiseksi?	Would you like a local anesthetic to reduce the pain?
Laitamme hampaan sisälle lääkettä.	We're putting medication into the tooth.
Ostakaa apteekista tätä lääkettä.	Buy this medicine from the chemist.
Lääkekuuri on syötävä loppuun, jotta se auttaa.	You must finish all the medicine so that it works.
Tuntuuko paikka korkealta?	Does the filling feel too high?
Purkaa hampaat yhteen.	Bite your teeth together.
Napsutelkaa hampaita vastakkain.	Rub your teeth together from side to side.
Ette saa syödä _____ tuntiin.	Don't eat anything for _____ hours.

Ette saa juoda _____ tuntiin.	Don't drink anything for _____ hours.
Älkää imaisko poistohaavasta verta pois.	Don't suck blood out of the wound.
Ette saa sylkeä.	You must not spit.
Älkää syökö / juoko kuumaa, ettei haava ala vuotaa.	Do not eat/drink anything hot, or the wound will bleed.
Soittakaa tänne tai tulkaa käymään, jos on kipua tai haava vuotaa.	Ring up or come here if it hurts or if the wound bleeds.
Varatkaa uusi aika toimistosta, olkaa hyvä.	Please make a new appointment in reception.
Tulkaa seuraavan kerran _____ kello _____	Come back on _____ at _____
Muistakaa peruuttaa aika ajoissa, jos ette pääse tulemaan. Peruuttamattomasta ajasta seuraa sakko.	Remember to cancel your appointment in time. There is a charge for broken appointments.

TERVEYSASEMAN ILTA- JA  
VIIKONLOPPUPÄIVYSTYS

EVENING AND WEEK-END  
EMERGENCY AT THE HEALTH  
CENTRE

Onko Teillä * KELA/sairausvakuutuskortti? * passi * henkilöllisyyystodistus?	Have you got * a KELA health insurance card * a passport * some form of identification?
Nimenne?	Your name?
Syntymäaikaanne?	Your date of birth?
Missä asutte? - Osoitteenne?	Where do you live? - Your address?
Kirjoittaisitteko ne?	Would you write them down, please?
Onko Teillä tuttava, joka pu- huu suomea?	Have you got a friend who speaks Finnish?
Voiko hän nyt tulkata puheli- mitse?	Could he/she interpret for you now on the telephone?
Voitteko soittaa hänelle?	Can you telephone him/her?
Haluatteko soittaa?	Do you want to make a telephone call?
Tarvitsetteko taksin?	Do you need a taxi?
Varaan Teille uuden ajan.	I'll book you a new appoint- ment.
Odottakaa, olkaa hyvä.	Please will you wait.

KYLLÄ	YES
EI	NO
EN TIEDÄ	I DON'T KNOW
EN YMMÄRRÄ	I CAN'T UNDER- STAND
YMMÄRRÄN	I UNDERSTAND
SOPII	YES, THAT'S FINE/OK

Mikä Teitä vaivaa? - Näyttäkää, olkaa hyvä.	What is the matter? - Show me, please.
Koska tulitte sairaaksi? * eilen * yhtäkkiä * kello _____ * vähitellen * olen ollut pitkään sairas.	When did you fall ill? * yesterday * suddenly * at _____ * it came on gradually * I've been ill for a long time.



Onko samaa vaivaa hoidettu aikaisemmin? - Koska? * tällä viikolla * tässä kuussa * aikaisemmin	Have you been treated for the same thing? - When? * this week? * this month? * before that?
Missä? * Suomessa * muualla * sairaalassa * terveyskeskuksessa	Where? * in Finland * somewhere else * in hospital * at the health centre
Onko kuumetta ollut pitkään? 1 2 3 4 5 6 7 8 9 päivää.	How long have you had a fever/temperature? 1 2 3 4 5 6 7 8 9 days.
Onko kipua? * kyllä           * ei * vähän           * paljon	Have you got a pain? * yes               * no * a little       * a lot
Missä? - Näyttäkää, olkaa hyvä.	Where? - Please show me.
Huimaako?	Do you get dizzy?
Oksettaako? - Oletteko oksentanut?	Do you vomit? - Have you vomited?
Onko ripulia?	Have you got diarrhea?
Minä tutkin.	I'll examine you.
Hengittäkää syvään.	Breathe deeply.
Minä hoidan / annan lääkettä.	I'll treat you/give you medicine.
Odottakaa hetki, olkaa hyvä.	Please wait a moment.
Otamme röntgenkuvan.	We're taking an X-ray.
Otamme * verinäytteen * virtsanäytteen * näytteen	We're taking * a blood sample * a urine sample * a sample
Teitä tarkkaillaan täällä.	You must come in here for tests.
Lääkäri kertoo milloin pääsette kotiin.	The doctor will tell you when you can go home.
Teidät siirretään sairaalaan.	You will be taken to hospital.
Ambulanssi vie teidät.	The ambulance will take you.
Tässä on resepti.	Here is your prescription.
Voitte hakea lääkkeen apteekista tänään / huomenna.	You can collect the medicine from the chemist today/tomorrow.
Syökää lääkekuuri loppuun, jotta siitä olisi apua.	Finish all the medicine, so that it works.

Ottakaa lääkettä * tarvittaessa * korkeintaan 1 2 3 4 kertaa päivässä * aamulla * päivällä * illalla	Take the medicine * as required * not more than 1 2 3 4 times a day * in the morning * in the daytime * at night
Oletteko ymmärtäneet? * Kyllä                      * Ei	Do you understand? * Yes                      * No
Tehdään lisätutkimuksia.	Let's make further tests.

TERVE	HEALTHY
SAIRAS	SICK
HYVÄ	GOOD
EI NIIN HYVÄ	NOT SO GOOD
HUONO	BAD

Varataan Teille uusi aika.	Let's make you a new appointment.
Seuraava aika on _____	The next appointment is _____
Ottakaa ystävää mukaan tulkkamaan.	Take a friend with you to interpret.
Varataan Teille tulkki. - Sopiiko?	We'll book an interpreter for you. - Is that all right?

**SAIRAALAHOITO****HOSPITAL CARE****Tulohaastattelu:****Presenting interview:**

Onko Teitä aiemmin leikattu / nukutettu?	Have you had an operation/ anaesthetic before?
Onko Teillä vakituista lääkitystä?	Do you take any medicine regularly?
Onko Teillä todettu allergioita (ruoka / lääkeaine)?	Have you been found to be allergic to anything (food/ medicine?)
Tupakoitteko?	Do you smoke?
Onko Teillä hammasproteesit?	Do you wear dentures?
Pituus / paino?	Height / weight?

**Leikkausvalmistelut:****Preparing for the operation:**

Teille annetaan peräruiske illalla / aamulla.	You will be given an enema in the evening/in the morning.
Te ette saa syödä ettekä juoda klo 24.00 jälkeen.	You must not eat or drink anything after midnight.
Teidän täytyy käydä suihkussa tänä iltana ja huomen aamuna.	You must take a shower tonight and tomorrow morning.
Annan Teille esilääkkeen.	I'm giving you your premed.
Enää ette saa nousta sängystä.	You mustn't get out of bed any more.

**Leikkauksen jälkeen:****After the operation:**

Onko Teillä kipuja?	Have you got pains?
Haluatteko kipulääkettä?	Do you want medication for the pain?
Teidän tulee olla vuoteessa tämä ilta.	You must stay in bed this evening.
Onko Teillä pahoinvointia?	Do you feel sick?
Soittakaa kelloa, kun tarvitsette apua.	Ring the bell, if you need help.
Onko Teillä virtsaamisen tarvetta?	Do you need to pass water?
Yksin ette saa nousta ylös.	You must not get out of bed without help.
Huimaako Teitä?	Do you feel dizzy?
Onko vointi hyvä?	Do you feel well?

Lonkkaa / polvea saa / ei saa taivuttaa.	Do not bend your leg at the hip/knee.
Vasen / oikea.	Left / right.
Selkää ei saa taivuttaa / kiertää.	Do not bend / twist your back.
Haavaa ei saa kastella ennen kuin ompeleet on poistettu.	Do not make the wound wet before the stitches have been taken out.
Haavan saa suihkuttaa.	You can let the shower go on the wound.
Ompeleet saatte poistattaa terveystieteiden keskuksessa.	You can have the stitches removed at the health centre.
Tuntuuko kipsi hyvältä?	Is the plaster cast comfortable?
Saatteko liikuttaa varpaita?	Can you move your toes?
Onko tunto varpaissa normaali?	Can you feel your toes properly?
Painaako kipsi jostakin kohta?	Does the plaster cast press you anywhere?
Kipsiä ei saa kastella.	Don't get the plaster cast wet.
Te ette saa laittaa painoa kipeälle jalalle.	You mustn't put your weight on the bad leg.

# TERVEYSVAIN

## OHJEET 1 - 18:

- (1) Kuumeen mittaaminen
- (2) Kuumeen hoito
- (3) Flunssan hoito-ohjeita
- (4) Päätäin hoito
- (5) Syyhypunkin hoito
- (6) Suolistolaiset
- (7) Salmonellosis ja shigellosis
- (8) Ummetuksen hoito
- (9) Ripulin hoito
- (10) B-hepatiitin kantajalle
- (11) Tuberkuloosin hoito
- (12) Virtsa- ja ulostenäyte
- (13) Kondomin käyttö
- (14) Rokotukset
- (15) Neuvolarokotukset
- (16) Lasten rokotusohjelma
- (17) Tuberkuloosirokotus
- (18) Polio- ja tetanusrokotukset

# TERVEYSVAIN

## Taking a person's temperature

You can buy a thermometer at a pharmacy. The new digital thermometers are quick and easy to use. They cost about 50 - 100 marks and operate by battery. A usual glass thermometer costs about 20 marks.

Parents can feel a child's temperature also by touch, by feeling the child's head and forehead.

A grown-up person's temperature is usually taken from his/her mouth or armpit. A child's temperature is preferably taken from anus or armpit. If the child's temperature is taken from anus, the tip of the thermometer shall be at first applied with usual ointment and then carefully inserted in the anus. Always measure the temperature in the same place of the body for the results to be comparable.

### Digital thermometer

Please check at first that the thermometer is ready for use and that the display is functioning.

### When taking the temperature:

- oral use: keep your mouth closed for 5 minutes and insert the probe under your tongue and close your mouth. Keep the thermometer in your mouth until it begins to beep and then check the reading.
- axillary use: keep your arm pressed against your body for about 5 minutes. Insert the probe in your armpit and press the arm against your body. Keep the thermometer in the armpit until it will beep and then check the reading.
- rectal use: insert the thermometer carefully past the sphincter muscle. Wait until the thermometer will beep and check the reading.

### Usual thermometer

- Before you measure your temperature, check that the reading is under 36 °C. In order to get a lower reading shake the thermometer intensely.
- Insert the narrow end of the thermometer in dry armpit.
- Avoid unnecessary movement when measuring your temperature so that the thermometer won't be broken.
- The thermometer can be removed from the armpit after 10 minutes and checked. In case of a child the thermometer can be removed after 4 minutes.

- 35 - 37 °C = normal temperature
- 37 - 38 °C = mild fever
- 38 - 39 °C = fever
- 39 °C or over = high fever

For further information, please ask your public health nurse!

# TERVEYSVAIN

## Care of a person with fever

### ADULTS

- An adult having a fever does not immediately need to contact a doctor.
- If the fever exceeds 38 °C you can take medicine against fever obtained at a pharmacy (e.g. paracetamol, acetylsalicylic acid); there is a variety of preparations available.
- Drink a lot (water, tea) and rest.

### Contact a doctor:

- if the fever continues to be high for more than three days
- if you develop other symptoms such as earache, a bad cough, a splitting headache

### CHILDREN

- A temperature of 37.5 - 38.5 °C in a child under 1.5 years of age can be normal.
- Normal temperature in an older child is 36 - 38 °C.

### Take a feverish child to the doctor if

- the fever exceeds 40 °C and the child is clearly in a bad condition
- the child is under three months
- the fever lasts for more than three days
- the child is in a bad condition, tired, apathetic, aching or has no appetite
- the child has bellyaches or difficulty to urinate
- the child has convulsions

The child's parents can usually tell if a temperature higher than usual is due to playing and bustling all the day or if the child is ill.

### Home care of a feverish child

- Reduce clothing and blankets, make the child drink a lot, e.g. water.
- Air the room - it makes the child's body temperature fall.
- See to it that the child may rest undisturbed.
- If the child develops a fever exceeding 38.5 °C, insert a suppository. Follow the instructions for dosing the suppository very carefully.

# TERVEYSVAIN

## Instructions for the treatment of a flu

Flu is an infectious disease usually caused by a virus that often begins suddenly. It may last as long as a week. The symptoms may manifest themselves at a rapid pace:

- fever, in general under 38.5 °C
- tiredness, weakness
- muscular pain
- headache
- nasal discharge and cough

### Treatment:

- rest and air the room
- drink a lot (water, tea), particularly if you have fever
- if necessary, take some medicine lowering the fever and reducing pain
- for cough you can take cough mixture, if necessary
- in case of children, steam inhalation alleviates cough well
- you get the cough medicine or pain releavers at a pharmacy without a prescription
- give a cough mixture to a child only if he/she has a dry and prolonged cough

For further information, please ask your public health nurse.



# TERVEYSVAIN

## Treatment of head lice

Head lice live in a person's hair. They develop in small, round eggs, i.e. nits which are stuck to the root of the hair. The nits, the eggs of lice, develop in a couple of weeks into new lice.

Head lice are communicated directly from a person to another through personal things (e.g. combs) and garments (e.g. hats).

### Symptoms:

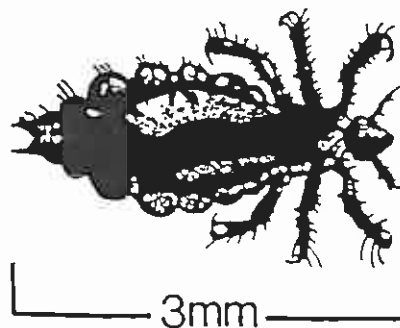
Continuous itch, sometimes eczema in the scalp and nits in the hair. Most often lice are found in the neck and behind the ears.

### Treatment:

You get rid of head lice by means of a delousing shampoo containing hexicid or pyrethrin. Wash your hair thoroughly with the shampoo for at least four minutes, rinse well and comb carefully with a clean, fine-toothed comb so that all nits will surely be removed. Repeat the treatment, if necessary, the next day. After one week from the treatment visit the public health nurse for a check-up.

Combs, brushes etc. things that may be infested with lice or nits shall be disinfected by delousing shampoo. Wash the garments, towels and bedclothes and iron them with a hot iron.

If one member of the family has lice, also the others will probably get them since lice spread quickly. The whole family shall thus be treated at the same time.



# TERVEYSVAIN

## Treatment of itch mite or scabies

Scabies is caused by itch mites, which lay their eggs in a person's skin. Itching skin is the first symptom. Often passages made by the mite and different kinds of pimples appear on the skin.

Take a shower before beginning treatment with medicine. Wash your skin carefully with soap but avoid scrubbing it hard. Afterwards dry yourself carefully.

Apply the preparation, which contains hexicid, evenly all over your skin, from neck to toes. Only the face and scalp shall be left without treatment. The amount of the preparation needed for treating an adult's skin is 200 ml and 100 ml for a school-aged child.

It is especially important to rub preparation into one's wrists and hands, since the largest part of itch mites live in these places.

**The mixture may not be applied on the face!** Men shall be careful when treating the skin of scrotum, since it gets easily irritated by strong medicines.

In order that the preparation would not be rubbed off put on a long-sleeved undershirt and e.g. long-legged underpants. During the treatment you shall wear cotton socks and cotton gloves. If you have to take off the gloves during treatment, you have to rub preparation into your hands anew.

When the preparation has been on your skin for 24 hours (children under 3 years of age 6 hours), take off the protective clothing and wash the substance carefully off your skin.

Even though only one member of the family has had eczema symptoms, all family members shall be treated at the same time. This is because itch mites are known to be hidden in everybody's skin. **Treatment of children under 3 always has to be discussed with a doctor.**

The itch mites in bedding and clothes shall be destroyed. It is enough to wash the undergarments, sheets and pillowcases. During the treatment you have to have clean sheets and pillowcases in your bed, and the next day they shall be changed. The mattresses, pillows, quilts or blankets, other garments and outdoor clothing shall be aired carefully outdoors.

# TERVEYSVAIN

## Intestinal parasites or worms

Various kinds of parasitic worms, eggs of worms and microorganisms can inhabit a person's organs. The host may be symptomless. Worms may also cause stomach aches, nausea, weakened general condition and anaemia. Worms are communicated e.g. through excrement, vegetables that have not been washed well enough and meat or fish that has not been cooked long enough.

The doctor will prescribe you medicine to get rid of the worms. The result of the treatment will, when necessary, be checked by new stool specimens depending on which worm has caused the symptoms. Thus it can be checked if the medicine has helped. You may have to take another course of drugs and give new specimens. In some cases such strong medical treatment is needed that you have to stay at the hospital for a couple of days. Pregnant women usually get their worm treatment only after having given birth.

# TERVEYSVAIN

## Infectious diseases

### SALMONELLOSIS AND SHIGELLOSIS

Salmonellosis and shigellosis, which is rarer, are intestinal diseases caused by bacteria.

#### Symptoms:

- Fever, diarrhea, headache, nausea. With shigellosis the faeces may be bloody.

The disease is very contagious. It is transmitted by faeces. The elimination of the pathogenic agents from the body is followed by examining the bacteria in faeces specimens once a week.

Persons who have salmonellosis or shigellosis bacteria in their faeces must observe the instructions given very carefully.

The whole family must participate in maintaining hygiene.

#### Prevention of infection

Wash your hands very carefully after going to the toilet and before handling food. The toilet seat must be cleaned with a detergent that kills bacteria.

Food must be cooked carefully so that the pathogenic agents will die. Remaining food must be kept in a refrigerator (below +8 C) or in some other place well covered. The bacteria do not reproduce in cold places. Wash fruit and vegetables very carefully before eating them.

#### Other measures

Employers and health care authorities should be aware of which persons have bacteria causing salmonellosis or shigellosis in their faeces. Such persons may not participate in handling food. Authorities decide case by case whether a person may go to work. Children can attend child care when they no longer have symptoms. Careful attention should be paid to their hand and food hygiene.

Ask for more information from public health nurses or physicians.

# TERVEYSVAIN

## Treatment of constipation

Eat regularly and reserve enough time for it. It is also important that you drink enough and do much physical exercise.

- Eat lots of food stuffs containing indigestible fibre, like wholemeal grain, vegetables, fruit, berries and nuts.
- The following vegetables are recommended: cabbage, tomatoes, cucumber, lettuce, potatoes, beans, peas and carrots.
- The following dairy products are recommended: curdled milk, soured whole milk, kefir and yoghurt.
- The following grain products are recommended: dark bread, wholemeal porridge, dark macaroni and muesli.
- Low-fat meat and fish and offals, egg and sausages are also good.
- Drink a couple of glasses of water or diluted juice between meals.
- Avoid chips and French fries, potato crisps, macaroni, polished rice, white bread, pasties, fried meat dishes, sweet cakes, tea, sugar and chocolate.
- Walk, run, climb stairs and do gymnastics daily. Do keep-fit exercises at least twice a week.

If you still suffer from constipation despite the instructions given above, consult a nurse or a physician. They can advise you in getting medicines that relieve constipation, if needed.

# TERVEYSVAIN

## Infectious diseases

### TREATMENT OF DIARRHEA

Acute diarrhea is often caused by bacteria or virus. Vomiting or fever may occur in connection with it. Drinking much is the main treatment for persons suffering from acute diarrhea. As you lose much of your body water during diarrhea, you must drink enough to maintain the balance.

Diarrhea is transmitted easily by faeces and vomit, so you have to wash your hands often and carefully.

#### Adults

Drink lots of liquid. You do not have to fast. If the diarrhea lasts for more than two days, ask for advice from a health centre.

#### Preschoolers and schoolchildren

Give the child plenty of liquid, for example water, juice, or ice lollies. You can also give the child food which she or he likes. Sour milk products are good for the stomach. You can buy Osmosal diarrhea beverage for the child in a pharmacy. If the diarrhea lasts for more than two days, ask for advice in a health centre.

#### Infants

Diarrhea in an infant is always a serious matter. Infants have an especially great need of liquid. You can breast feed or give baby's milk mixture to the infant as you normally would. In addition you should give the infant water.

Carefully observe how your child is doing. Contact a nurse when your baby has diarrhea. If the child is limp and weak, take it to the doctor.

# TERVEYSVAIN

## Infectious diseases

### INSTRUCTIONS TO CARRIERS OF HEPATITIS B

Hepatitis B is an inflammation of the liver caused by a virus. It is transmitted through blood and sperm. Most of those who have had this disease never know that they have had it. Some (about 5 %) of those who have had the disease remain carriers of the virus and can infect others with it.

A blood test has shown that you have hepatitis B. Your blood may infect other people with the disease. If even a small amount of your blood gets into a fresh wound, broken skin or mucous membrane of another person, he or she may catch the disease. Hepatitis B is not transmitted through unbroken skin.

#### Act in the following way in order to avoid spreading hepatitis B:

- When you go to the doctor, dentist, laboratory or nurse, tell them that you carry the hepatitis B virus.
- Clean even small wounds and cover them with a plaster or a bandage. Carefully destroy bloody bandages and pack them separately in a plastic bag before putting them into a dustbin.
- Do not lend your toothbrush or razor to other people.
- As the disease is easily transmitted in sexual intercourse, always use a condom if you are uncertain of his/her previous HBV infection. If your partner is also a carrier of the disease, you do not need to use a condom to prevent hepatitis. However, you may want to use a condom to prevent other sexually transmitted diseases.
- Do not donate blood.

#### Act in the following way at home:

- Wash bloody clothes by using the hot water programme of the washing-machine (+90 °C) or let them soak in a disinfecting substance that contains chloride.
- Wash the dishes carefully with ordinary detergent.

Discuss with your doctor and nurse how often you should go to a medical examination because of the hepatitis B virus.

Those who are at risk of contracting the disease can be vaccinated against hepatitis B.

# TERVEYSVAIN

## Infectious diseases

### TUBERCULOSIS

Tuberculosis is an infectious disease caused by a mycobacterium. Earlier tuberculosis was a common disease in Finland, but now there are fewer cases of tuberculosis and those who catch the disease can be cured. The most common form of the disease is pulmonary tuberculosis. Tuberculosis in other organs is clearly rarer, in Finns.

#### Detection of tuberculosis

Those who have contracted tuberculosis generally learn about it in connection with medical examination or chest X-ray examination. At the initial stage of the disease the patient seldom has clear symptoms. The symptoms that may occur are cough, sputum, fever, sweating at night and weakening general condition. Hospital examinations are needed in order to detect tuberculosis and distinguish it from other diseases. Definite certainty of tuberculosis is generally obtained by culturing sputum or other secretion of the body.

#### Infection and risk of infection

Tuberculosis is transmitted through patients whose sputum contains tubercle bacilli from the focuses in the lungs. Few patients transmit the disease to others. You cannot contract tuberculosis through books or other objects. Only pulmonary tuberculosis can be transmitted, the other forms of tuberculosis are not generally infectious.

#### Avoiding infection and infecting others

When coughing always use a disposable handkerchief in front of your mouth! Never cough towards another person. Spit the sputum in disposable mugs with lids.

#### Family members and acquaintances at risk

In connection with the detection of the disease you are asked about persons with whom you have many contacts. You may have contracted the disease from them or you may have spread it yourself. It is important to examine and treat all those who possibly have caught the disease.

#### Effective pharmaceutical treatment

The pharmaceutical treatment of tuberculosis is called chemotherapy. The treatment is effective if you follow the advice given and act in cooperation with the health care staff.

#### Medicines

You can only be cured of tuberculosis by means of a long course of medical treatment. Medical treatment that takes 9-12 months is generally used in Finland. With these



# TERVEYSÄVAIN

## Infectious diseases

### TUBERCULOSIS...

medicines you cannot be cured in 1-2 weeks, which may have been enough in case of other diseases cured by using other antibiotics. All forms of tuberculosis are in principle cured in the same way - by means of a long course of medical treatment.

#### **Adverse effects of the medicines**

The present medicines against tuberculosis cause relatively small adverse reactions. If you think you have them let the health care staff know about it. If medicines against tuberculosis and other medicines are used at the same time, this should be taken into account. That is why it is important that the doctor knows about all your medicines (medicines against diabetes, medicines that prevent your blood from curdling, contraceptive pills etc.)

#### **Taking the medicines**

Tubercle bacilli can only be destroyed by medicines. Tuberculosis is certainly cured if you take the medicines according to the instructions given. Do not change or interrupt the treatment without contacting health care staff.

An effective pharmaceutical treatment generally removes the risk of transmitting infection after two or three weeks. Also for this reason it is very important that you take the medicines regularly.

#### **Tobacco and alcohol**

Smoking is always detrimental, but it is especially risky when your lungs are ill. Avoid using alcohol during the medical treatment.

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**Take the medicines regularly once a day at the time which best suits you! Learn the names of the medicines you use by heart! Go to the check-ups at the times agreed upon! If you cannot go to the check-up, contact the place where you are treated!**

**Your diligence will be rewarded - the tuberculosis will be cured permanently.**

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# TERVEYSVAIN

## Urine and stool specimens

### URINE SPECIMEN

#### Men

The urine should be in the bladder at least for four hours. First wash your hands. Then carefully wash the head of the penis. Urinate first into the toilet bowl, then into the specimen mug and then again into the toilet bowl. Ask for the results according to instructions given by the doctor.

#### Women

The urine should be in the bladder at least for four hours. First wash your hands. Then wash your genitals. After that urinate a little into the toilet bowl, then into the specimen mug and then again into the toilet bowl. Ask for the results according to instructions given by the doctor.

### STOOL SPECIMEN

- Defecate into a paperboard container lined with toilet paper.
- Take 3-4 spoonfuls of the faeces with the spoon in the lid of the specimen mug.
- Mix it with the 10% formaline solution in the mug.
- Check that your name and the right date are written on the specimen mug.
- Shut the lid carefully and put the mug into a bag.
- Empty the faeces in the paperboard box with the paper into the toilet bowl and put the box into a garbage bag.
- Wash your hands carefully.
- Take the specimen to laboratory: \_\_\_\_\_
- \_\_\_\_\_
- Ask for the results according to instructions given by the doctor.

Make sure that children cannot reach the specimen mug, as the formaline solution in it is poisonous.

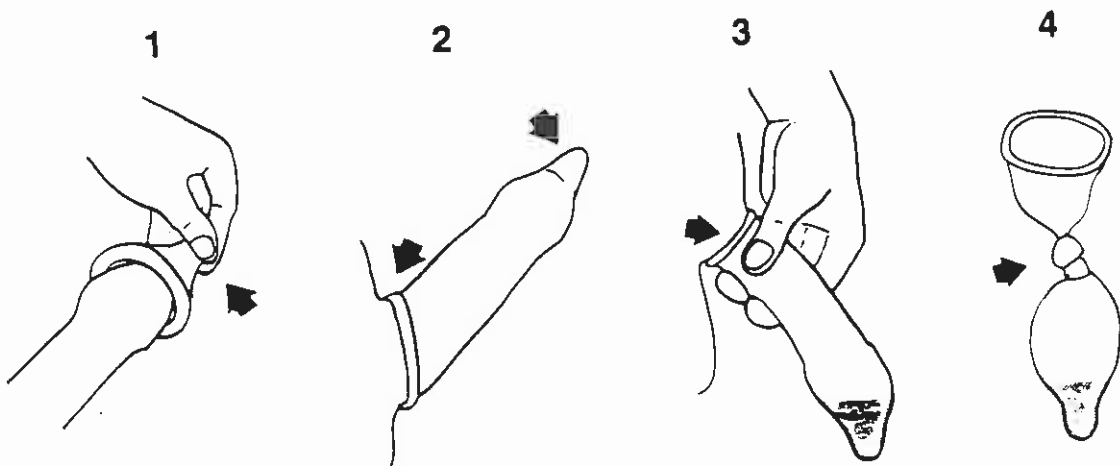
# TERVEYSVAIN

## How to use a condom

You can buy condoms in shops, kiosks, pharmacies, petrol stations etc. Several different condom packages are on sale in Finland.

Check the last date when the condom can be used on the package. Do not use an old condom. Use each condom only once. An old or used condom does not protect you from sexually transmitted diseases or prevent pregnancy. Use the condom during the whole coitus.

1. Open the condom package carefully so that you do not break the condom. Hold the top of the condom. Press out the air and roll the condom on. Use both hands.
2. Roll the condom right to the base of penis. Leave empty space at the tip of the condom for the semen.
3. After ejaculation draw the penis out immediately and hold the condom at the same time so that the condom will not come off too early.
4. Make a knot in the condom and put it into a waste-paper basket. Do not put the condom into a toilet bowl, because it may stop up the drain.



# TERVEYSVAIN

## Vaccinations

### WHY ARE PEOPLE VACCINATED?

Vaccination of a child and its family benefits all, as vaccination programmes prevent epidemics in the population. Vaccinations can even eliminate the disease from the whole world. This has happened in the case of smallpox.

### WHAT IS VACCINATION?

The principle of vaccination is simple and natural. There your system meets the same disease agents as in the case of an infectious disease, but in a harmless form. The protection given by the vaccination is based on that your own system creates immunity to the disease.

### VACCINATIONS ARE VOLUNTARY

All the vaccinations given in child health clinics in Finland are voluntary and free of charge.

### WHY IS IT GOOD TO VACCINATE PEOPLE?

The level of hygiene is good in Finland and a seriously ill person is admitted to treatment in a short time. Finland and the foreigners living here have frequent contacts with people living in other countries. Tourism and visits to relatives living in other countries increase the risk of infection. Children and adults who have not been vaccinated may catch infectious diseases to which they are not immune.

### WHEN IS A PERSON NOT VACCINATED?

The vaccination of a feverish child should be deferred until the fever is over. A cold, cough or a course of drug treatment are not obstacles to vaccination. If a person is allergic to some ingredient in a vaccine, he or she will not be vaccinated. A strongly weakened immunity (e.g. in the case of leukaemia) may be an obstacle to vaccination. Discuss these matters beforehand with your doctor or nurse.

# TERVEYSVAIN

## Vaccinations

### 10 DISEASES CAN BE PREVENTED BY VACCINATIONS IN CHILD HEALTH CLINICS

#### 1.) Tuberculosis

In Finland tuberculosis still occurs to the extent that it can be contracted by a child or an adult. Tuberculosis develops slowly and may damage several organs. Its commonest form is pulmonary tuberculosis. The BCG or Calmette vaccination protects you from tuberculosis.

#### 2.) Whooping cough (pertussis)

is a disease of the respiratory organs. Cough appearing in fits and often leading to vomiting is typical of this disease. For small children whooping cough is very dangerous. There is no cure for the disease. PDT or triple vaccinations protect children from whooping cough until school age.

#### 3.) Diphtheria

is a violent inflammation of the throat with fever. PDT vaccinations protect you from diphtheria.

#### 4.) Tetanus

You get tetanus infection if a bacterium in the soil gets into your system for example through a dirty wound. PDT vaccinations protect you from tetanus.

#### 5.) Polio

is still a common disease in developing countries. In Finland it has been eliminated due to vaccinations. Polio vaccinations give a good protection against the disease.

#### 6.) Haemophilus diseases

The haemophilus bacterium (Hib) causes serious infectious diseases: purulent cerebral meningitis, inflammation of the epiglottis and serious pneumonia. Hib vaccinations protect you from haemophilus diseases.

#### 7.) Measles (morbilli)

is contracted very easily. It causes secondary diseases like pneumonia and meningitis. MPR vaccinations give you protection against measles.

#### 8.) Mumps (parotitis)

is a viral disease that is generally mild. In men mumps may be accompanied by testitis, which may cause that they cannot beget children. The parotitis virus may also cause meningitis or an inflammation of the brain. The MRP vaccination gives protection against mumps.

#### 9.) Rubella

is a mild viral disease. Rubella during pregnancy may damage the fetus. The MPR vaccination gives protection against rubella.

#### 10.) Hepatitis B (HBV)

may cause jaundice, inflammation of the liver. Vaccination immediately after exposure to hepatitis B virus and antibodies may prevent infection. There is no curing treatment for the disease.

# TERVEYSVAIN

## Vaccinations

### VACCINATION PROGRAMME FOR CHILDREN

A newborn is well protected against infectious diseases. During the pregnancy the child has got antibodies from the mother. Together with breast milk they protect the child from those diseases to which the mother is immune. The protection given by the mother lasts for some months.

Vaccinations are started as soon as the system of the child can form antibodies of its own. The child gets the best possible protection against infectious diseases if the vaccination programme of the child health clinic is observed as carefully as possible.

### VACCINATION PROGRAMME FOR CHILDREN

<u>Age</u>	<u>Vaccine</u>
< 1 week	BCG
3 months	PDT I
4 months	PDT II and Hib I
5 months	PDT III
6 months	Polio I and Hib II
12 months	Polio II
14-18 months	MPR I and Hib III
20-24 months	PDT IV and Polio III
6 years	MPR II and Polio IV
0, 1, 6 months	HBV *

\* for newborn babies of mothers who are carriers of hepatitis B virus.

# TERVEYSVAIN

## Vaccinations

### BCG VACCINATION FOR CHILDREN

Your child has got a BCG vaccination that protects it against tuberculosis. There will probably be the following reaction to the vaccination: 2-3 weeks after the vaccination the injection site hardens. It gradually begins to fester. Cover the festering wound with a dry, airy bandage.

After about four weeks the pustule generally becomes a scab, which comes off 5-6 weeks after the vaccination. A wound of 5-10 mm remains in the injection site. It generally heals in 10-13 weeks and leaves a round, white scar.

If the vaccination reaction lasts longer than usual or if your child gets other symptoms, contact the child health clinic nurse.

# TERVEYSVAIN

## Vaccinations

### POLIO VACCINATION

Polio vaccinations protect you against a disease called poliomyelitis. Without vaccination it may cause various paralyses. In Finland children and adults are vaccinated against polio, and in this way we have eliminated this disease from our country.

### TETANUS VACCINATION

Tetanus d vaccinations give protection against two diseases, tetanus and diphtheria.

According to the general Finnish vaccination programme school children are vaccinated within the school health care system and children under school age are vaccinated in child health clinics.

The vaccination programme for unvaccinated adults is as follows:

Polio I	
Td	immediately
Polio II	
Td	after two months
Polio III	
Td	after one year

It is important that you take all the three vaccinations in order to get sufficient protection. Together they are valid for ten years. However, when visiting a country where polio cases are detected, polio vaccines should be taken within 5 years interval.

**These vaccinations are voluntary and free of charge.**



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