

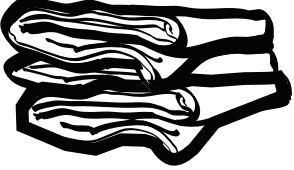
FILIPINO




Ginaw na ginaw ako.

I am too cold.

Pwede bang manghingi ng ekstrang blanket?




Can I have an extra blanket?



Init na init ako.

I am too hot.



Gusto kong maghugas ng kamay.


I would like to wash my hands.




Gusto kong magsipilyo.

I would like to brush my teeth.

Pagod ako. Gusto ko nang matulog.



I am tired. I want to go to bed.




Gusto kong magpagupit.

I would like a haircut.

Lamination Cleaning Instructions

Please wipe with a PHC approved cleaner after each resident/patient use.



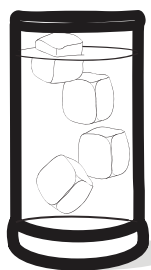
How you want to be treated.

FILIPINO

FILIPINO

FILIPINO

FILIPINO



Pahingi nga
ng malamig
na tubig?

May I have some
cold water?



Pahingi nga ng
maligamgam
na tubig?

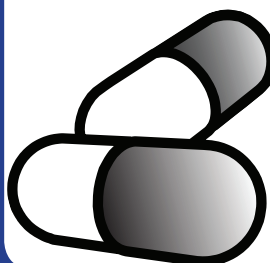
May I have some
warm water?

Nagugutom
ako.

I am hungry.



Pahingi nga ng gamot
sa sakit?



Can I have some
pain medication?

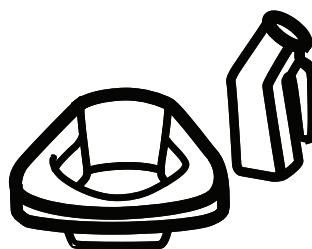
Kailangan kong
pumunta sa
kubeta.

I need to
use the toilet.



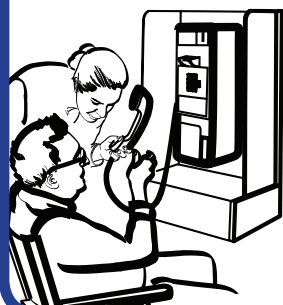
Kailangan ko ng
urinolang-
dapa / ihian.

I need a
bedpan / urinal.



Gusto kong
tawagan ang
aking pamilya.

I would like to
call my family.



RESIDENT/PATIENT COPY

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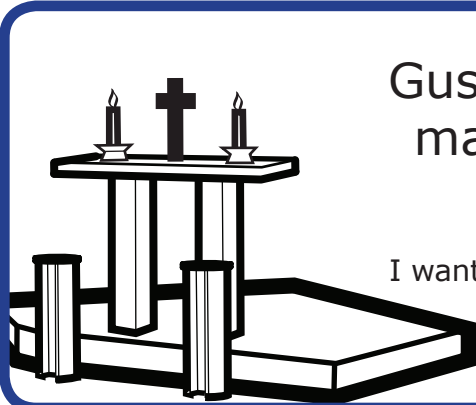
Form No. PHC-TCNF282K (Feb-08)

Providence
HEALTH CARE

How you want to be treated.

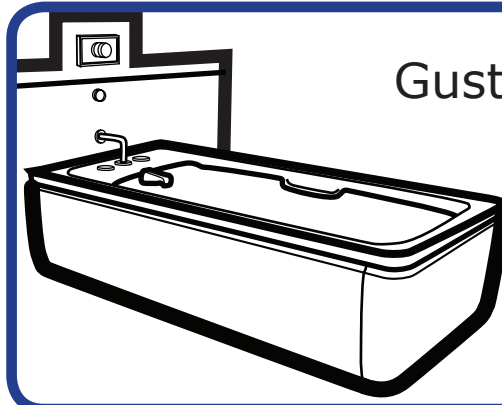
FILIPINO

FILIPINO



Gusto kong
magsimba

I want to attend the
Mass service



Gusto kong
maligo

I want
to take
a bath



Gusto kong gamitin
ang silyang
'commode'

I want to use the
commode chair



Gusto kong
kausapin ang
aking doktor

I want to speak
with my doctor



Nahihirapan
akong huminga

I am having
trouble breathing



Nahihilo ako

I feel dizzy



Nasusuka ako

I feel nauseated

Lamination Cleaning Instructions

Please wipe with a PHC approved cleaner
after each resident/patient use.

Providence
HEALTH CARE

How you want to be treated.

ONIPINO

FILIPINO

FILIPINO

FILIPINO




Maaari bang maupo ka kasama ko

Will you sit with me?



Gusto kong maglakad

I want to walk



Maaari bang tulungan mo akong gumulong sa kabilang tabi

Please help me turn over



Maaari bang tulungan mo akong maupo

Please help me sit up



Gusto kong manood ng telebisyon

I want to watch television



Gusto kong mag-ehersisyo

I would like to exercise



Hindi ako kumakain ng karne

I do not eat meat

PATIENT COPY
Form No. PHC-TCNF293K (Feb-08)

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Providence
HEALTH CARE

How you want to be treated.

FILIPINO

FILIPINO

FILIPINO