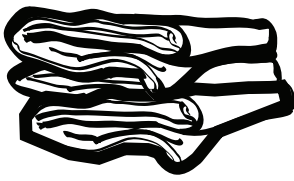


# SPANISH



Tengo mucho frío.  
I am too cold.

¿Puedo pedir una cobija extra?



Can I have an extra blanket?



Tengo mucho calor.  
I am too hot.

Quiero lavarme las manos.




I would like to wash my hands.



Quiero cepillarme los dientes.  
I would like to brush my teeth.

Estoy cansado. Quiero acostarme.




I am tired. I want to go to bed.



Quiero que me corten el pelo.  
I would like a haircut.

**Lamination Cleaning Instructions**  
Please wipe with a PHC approved cleaner after each resident/patient use.



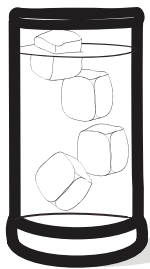
How you want to be treated.

SPANISH

SPANISH

# SPANISH

# SPANISH



Quiero agua fría.

May I have some cold water?



Quiero agua tibia.

May I have some warm water?

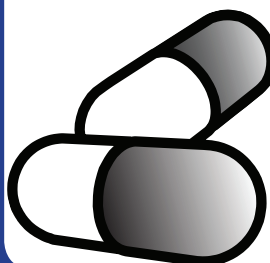
Tengo hambre.

I am hungry.



¿Puedo pedir una pastilla para el dolor?

Can I have some pain medication?



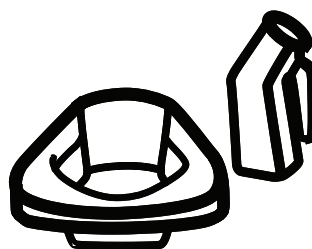
Necesito ir al baño.

I need to use the toilet.



Quiero una chata / orinal.

I need a bedpan / urinal.



Quiero llamar a mi familia.

I would like to call my family.



## RESIDENT/PATIENT COPY

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How you want to be treated.

# SPANISH

SPANISH

SPANISH

# SPANISH



Quiero ir a misa

I want to attend the Mass service



Quiero tomarme un baño

I want to take a bath




Quiero usar la silla para orinar

I want to use the commode chair



Quiero hablar con mi médico

I want to speak with my doctor



Se me dificulta respirar

I am having trouble breathing



Me siento mareado

I feel dizzy



Me siento con náuseas

I feel nauseated

**Lamination Cleaning Instructions**

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



How you want to be treated.

# SPANISH

SPANISH

SPANISH

SPANISH



¿Puede sentarse a acompañarme?

Will you sit with me?



Quiero caminar

I want to walk



Ayúdeme a darme vuelta

Please help me turn over



Ayúdeme a sentarme

Please help me sit up



Quiero ver la televisión

I want to watch television



Quiero hacer ejercicio

I would like to exercise




No como carne

I do not eat meat

**PATIENT COPY**  
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How you want to be treated.

SPANISH

SPANISH

SPANISH