

It's no fun to be sick when you're abroad.

Language can become a barrier with nurses and doctors so make sure you learn medical words *before* you travel.

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## If You Are Ill Abroad

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If you suffer from any chronic condition write down the words a doctor might need; if you take medicine regularly learn the generic name of the drug because brand names might be different in other countries. If you are allergic to a compound learn how to pronounce and write it.

If needed, carry a prescription, as what you buy over the counter in your country might not be easily available at other places.

Also, make sure you know body parts, common symptoms and some useful words and expressions, as the ones below.

### Common Symptoms

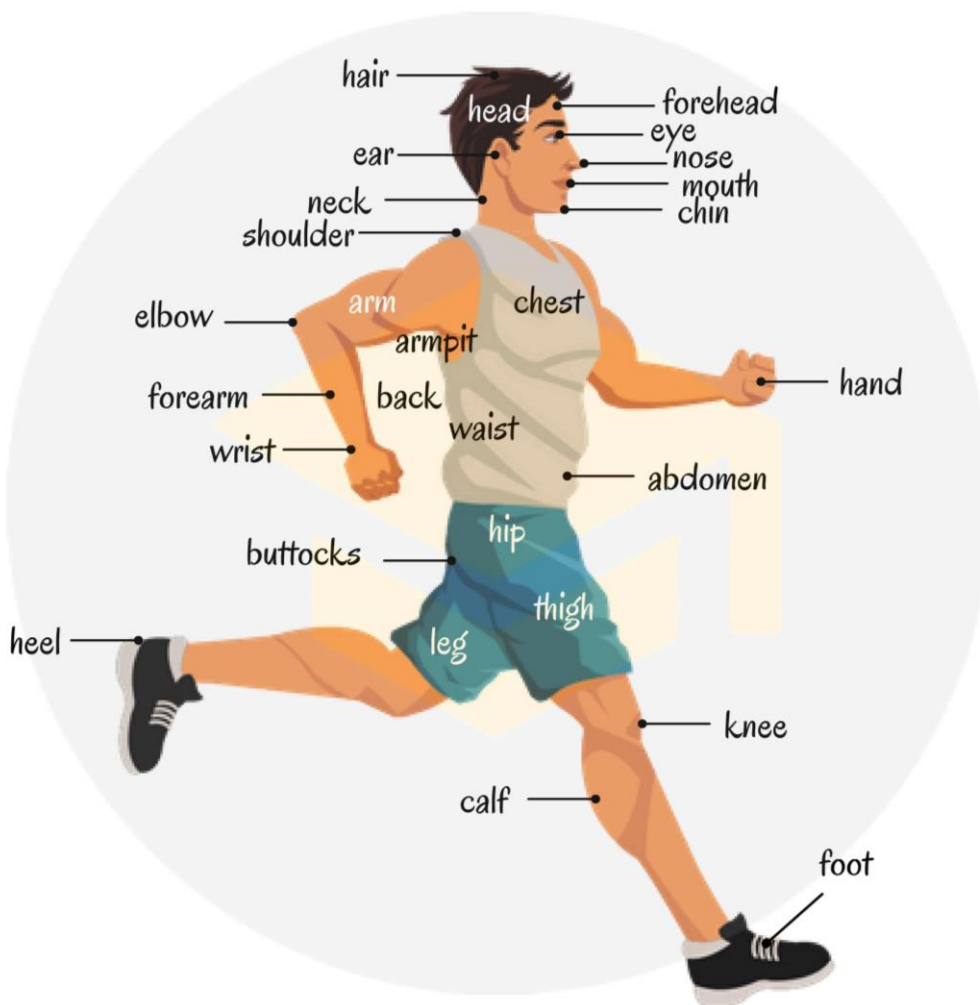
Cough – Headache – Pain – Temperature – Fever – Indigestion – Colitis  
Phlegm – Rash – Itch – Inflammation – Hives – Toothache – Sore throat

## Common Expressions

Where's the emergency ward?  
My knee hurts.  
I feel dizzy.  
It might have a fever.  
I feel heartburn.  
I'm allergic to Aspirin.  
Are you the nurse?

I feel short of breath.  
I sweat too much.  
Will my insurance cover this?  
Do I need a prescription?  
I have a toothache.  
I have a sore throat.  
How much will the tests cost?

## Parts of the Body



Andrew's advice: Study all this now. You won't have time to learn it when you're ill.



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