





















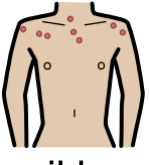




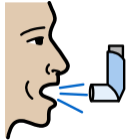
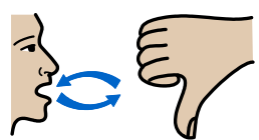
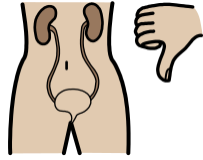
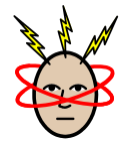
Kommunikasjonstavle for nødstilfeller - Helse





## Symptomer

 magesmerter	 svimmel	 diare	 forstoppet	 vedvarende gråting	 spise objekter
 hodepine	 sår hals	 hoste	 forkjølet	 ramle	 svelge gift
 feber	 tannverk	 øreverk	 kortpustet	 utslett	 stikk
 sover for mye	 sover for lite	 syk	 ingen matlyst	 prikker	 klør







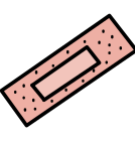
## Medisinsk historie

 hjerteproblemer	 astma	 pusteproblemer
 nyreproblemer	 epilepsi	


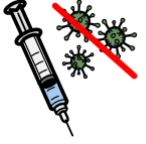
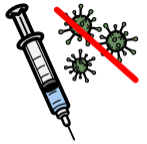

## Aktuelle medisiner

 for epilepsi	 antibiotika	 inhalator
 hostemedisin	 for feber	

## Allergier

 medisin	 insekt stikk	 pollen	 gluten
 meieriprodukter	 pels	 plaster	

## Covid

 ingen vaksine	 1.dose
 2.dose	 3.dose



Helseinformasjon



# Helseinformasjon



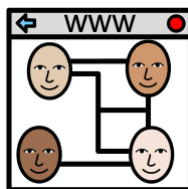
Navn:



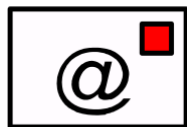
Fødselsdato:



Telefon:



Sosiale medier:



E-post:

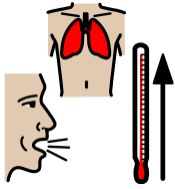


Andre kontakter:

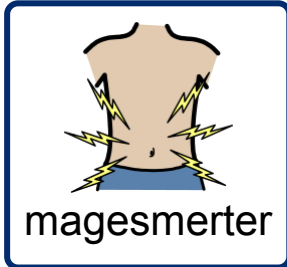


Reiste med:

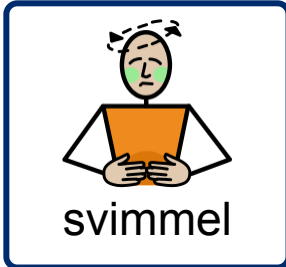




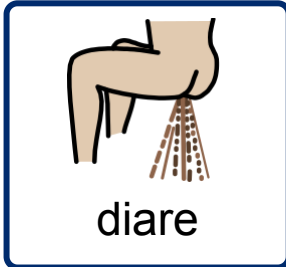
# Symptomer



magesmerter



svimmel



diare



forstoppet



smerter ved vannlating



blødning



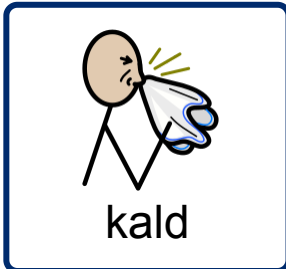
fotsår



nummen fot



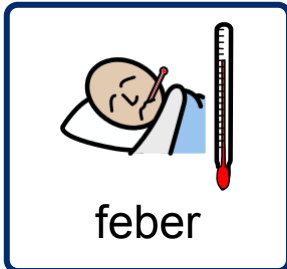
hoste



kald



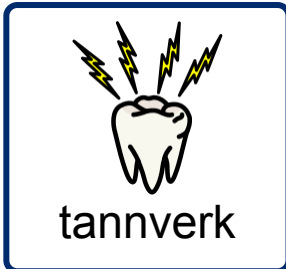
sår hals



feber



hodepine



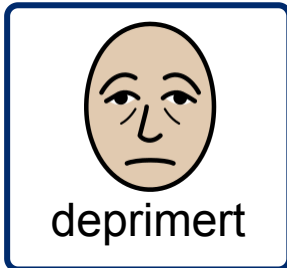
tannverk



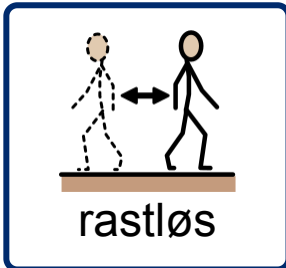
øreverk



hver dag



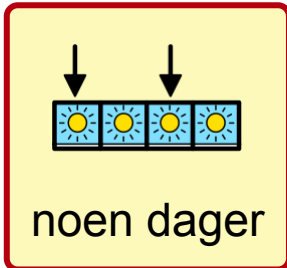
deprimert



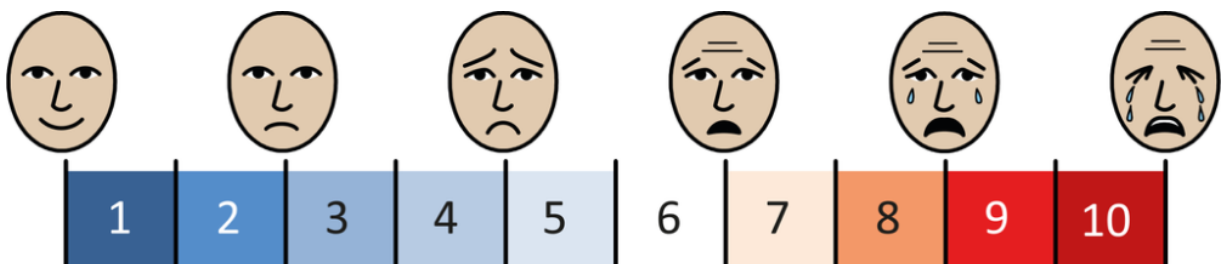
rastløs



søvnproblemer



noen dager





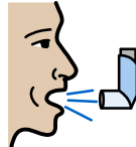
## Min sykehistorie



hjerterproblemer



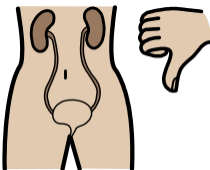
diabetes



astma



pusteproblemer



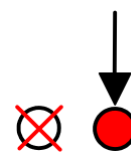
nyreproblemer



slag



epilepsi



andre



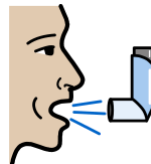
## Mine medisiner



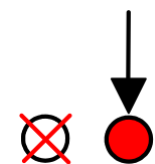
tabletter



insulin

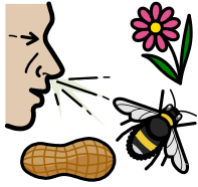


inhalator

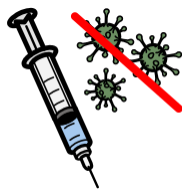
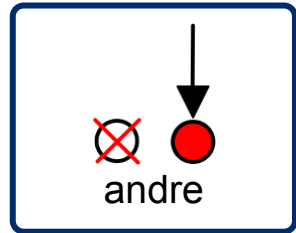
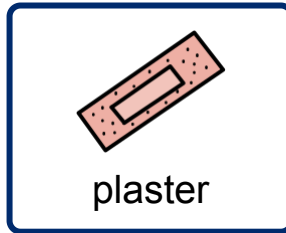
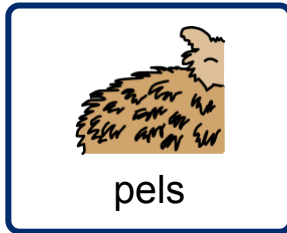
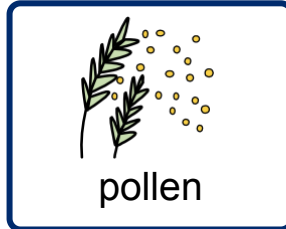


andre

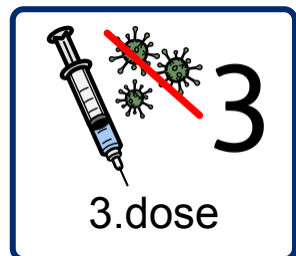
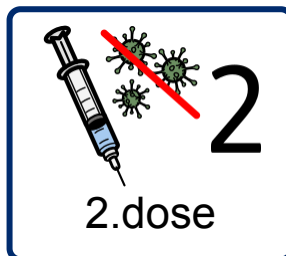
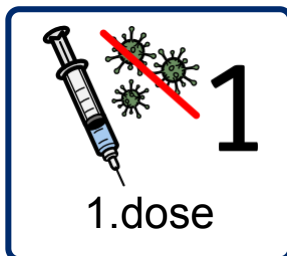




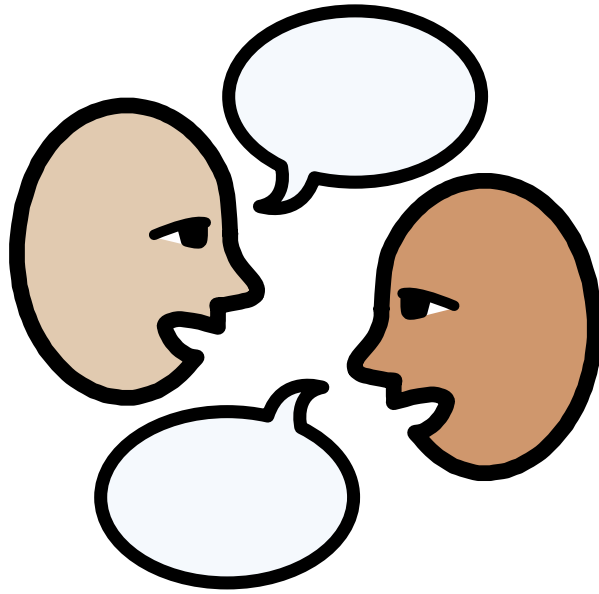
## Mine allergier



## Covid-19 vaksinasjon







Rask prat



# Rask prat



Jeg



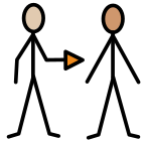
ja



nei



jeg vet ikke



du



hei



vil ha



hvor



se



vær så snill



like



hva



stopp



tusen takk



gå



når



dårlig



bra



kom



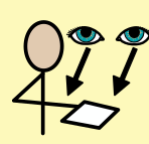
hvem



beklager



mer



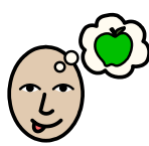
vis meg



hjelp



tørst



sulten



syk



trøtt

Norwegian translation with thanks to NorMedia As  
Created for the Widgit Refugee Symbol Resources

# Rask prat



telefonlader



kontantkort



internett



penger



føler



redd



sjokkert



sint



trøtt



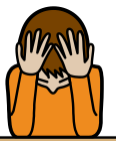
bekymret



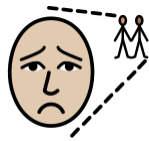
forvirret



flau



deprimert



alene



lei seg



takknemlig



hjelp



ikke engelsk



lege



sykehus



tannlege



ingen penger



ikke jobb



flyktning



savner hjemme



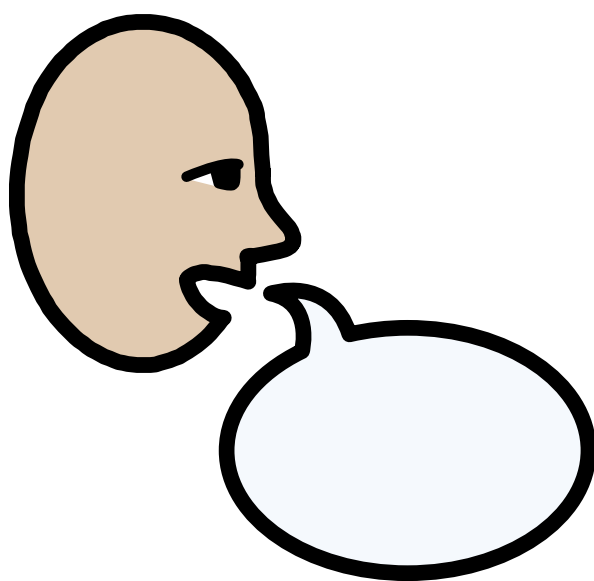
kald



varm








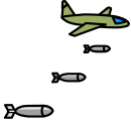
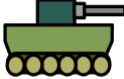






















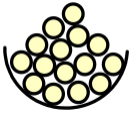


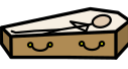














fare



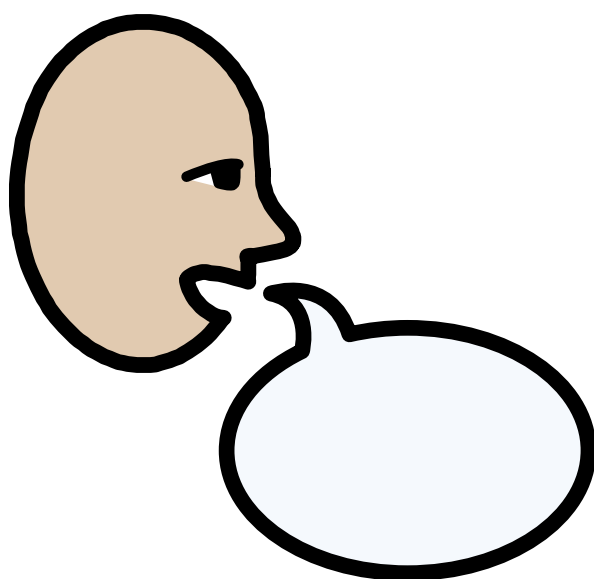
Min historie - barn



# Min historie - barn

 jeg bor	 hovedstad	 by	 tettsted	 landsbygda	
 angrep	 stridsvogn	 hær	 soldater	 skyte	 sulten
 ruiner	 luftangrep	 kjeller	 evakuere	 flykte	 tørst
 far	 mor	 bror	 søster	 bestefar	 bestemor
 venn	 venn	 medelever	 barn	 folk	 familie
 mange	 få	 skadet	 død	 frykt	 rolig
 si farvel	 reise	 bli igjen	 rekruttert	 sint	 lengter hjem
 gå	 bil	 tog	 coach	 minibuss	 vet ikke

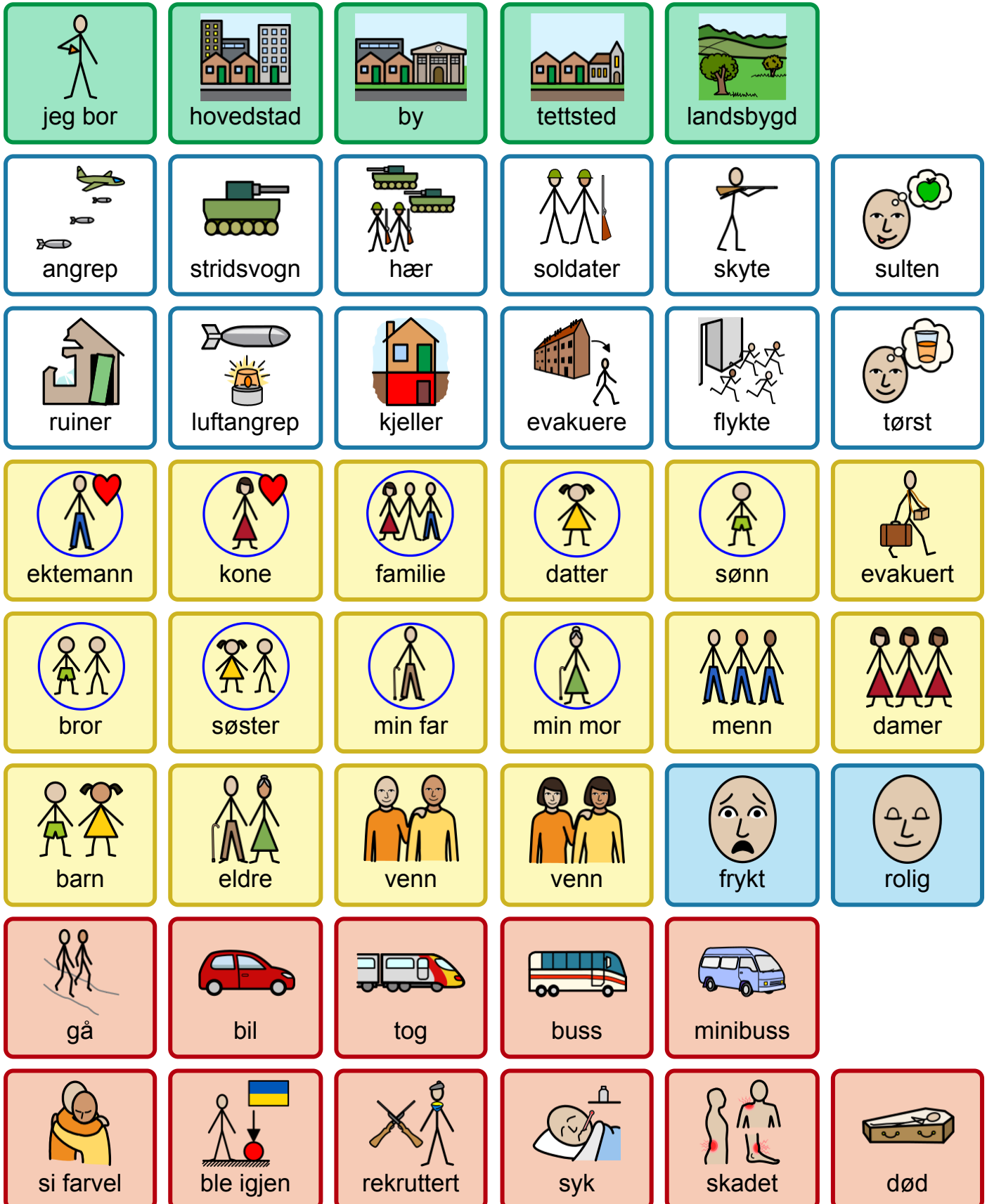
Norwegian translation with thanks to NorMedia As - Ukrainian translation with thanks to Lucy Varnava  
Created for the Widgit Refugee Symbol Resources



Min historie - voksen



# Min historie - voksen



Norwegian translation with thanks to NorMedia AS  
Created for the Widgit Refugee Symbol Resources



Den første tiden i nytt hjem - barn





# Den første tiden i nytt hjem - barn

## Kommunikasjonstavle



Navn



bad



klem



sove



snacks



tegne



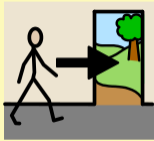
leke



lage mat



lese bok



gå ut



se på TV



playstation



lego



høre på musikk



lekeplass



smaker godt



smaker vondt



skjønner ikke



redd



lei seg



føle seg dårlig



glad



sliten



kald



varm

Norwegian translation with thanks to NorMedia As  
Created for the Widgit Refugee Symbol Resources

# Rask prat



jeg



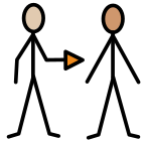
ja



nei



jeg vet ikke



du



hei



vil ha



hvor



se



vær så snill



like



hva



stopp



tusen takk



gå



når



dårlig



bra



kom



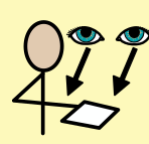
hvem



beklager



mer



vis meg



hjelp



tørst



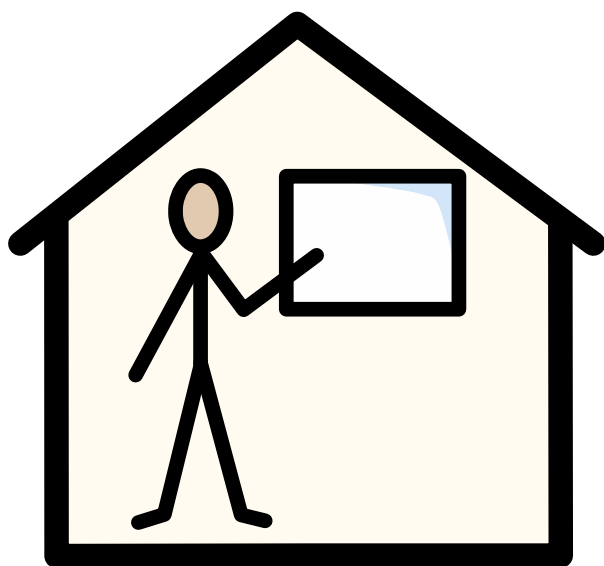
sulten



syk



trøtt



Den første tiden på ny skole



# Den første tiden på ny skole

## Kommunikasjonstavle



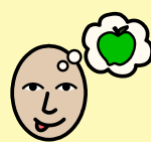
Navn



toalett



tørst



sulten



snacks



tegne



leke alene



leke



lese bok



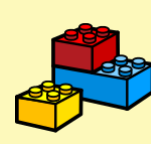
gå ut



kollasj



pusle



lego



plastalina



lekebil



dukke



bamse



skjønner ikke



redd



lei seg



føle seg dårlig



glas



sliten



kald



varm

Norwegian translation with thanks to NorMedia As  
Created for the Widgit Refugee Symbol Resources

# Rask prat



jeg  
я



ja  
так



nei  
ні



jeg vet ikke  
Не знаю



du  
ти



hei  
Здравствуйте



vil ha  
хочу



hvor  
де



se  
дивись



vær så snill  
будь ласка



like  
люблю



hva  
що



stopp  
Стоп



tusen takk  
Дякую



gå  
іди



når  
коли



dårlig  
погано



bra  
чудово



kom  
прийти



hvem  
хто



beklager  
вибачте



Jeg har gått meg  
bort  
я загубився



vis meg  
Покажи мені



hjelp  
ДОПОМОГТИ



tørst  
спраглий



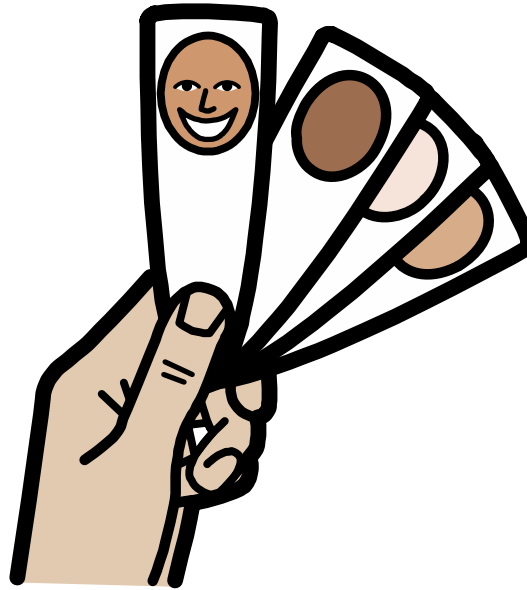
sulten  
голодний



syk  
хворий



mer  
більше



Lærerhjelpemidler

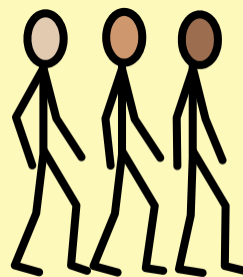




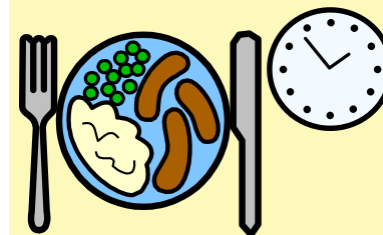
toalett



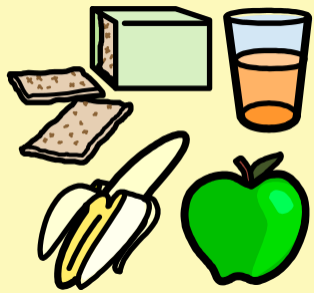
vaske  
hender



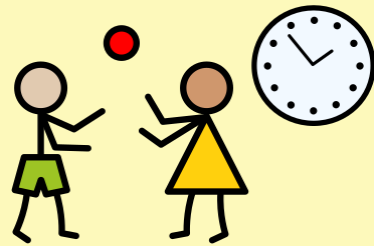
stå på  
rekke



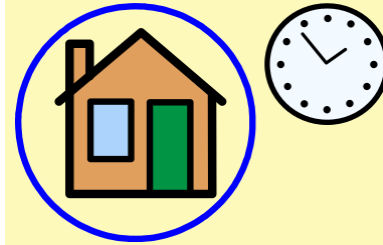
middagstid



snacks



leke



reise hjem



musikk

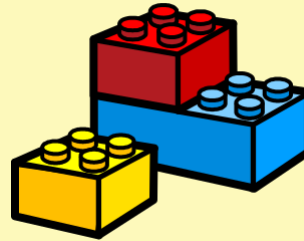




tegne



lese bok



lego



pusle





kroppsøvning



samlingsstund

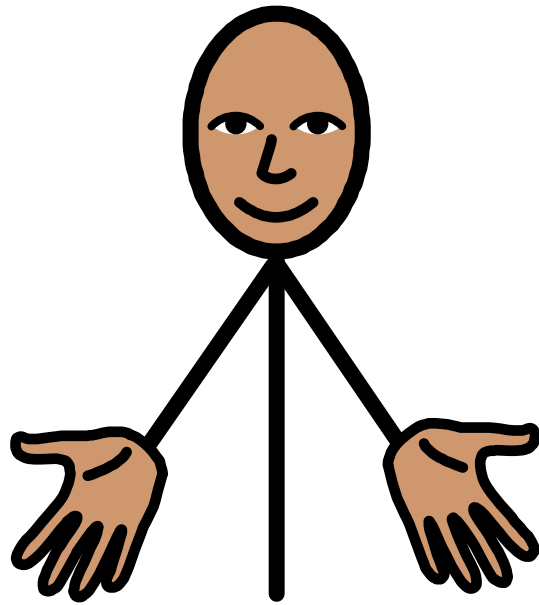


lekeplass



skoletime





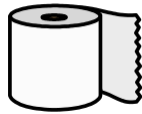
Jeg trenger - barn



# Jeg trenger - barn



Toalett



toalettpapir



bind

Name: \_\_\_\_\_



Dusj



såpe



sjampo



håndkle



hårføner



kam



hårbørste



hårklype



hårbøyle



deodorant



tannkrem



tannbørste



Klær



undertøy



bukse



t-skjorte



genser



jakke



lue



hansker



skjerf



joggesko



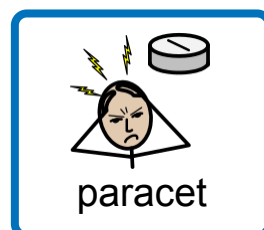
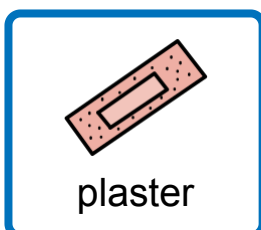
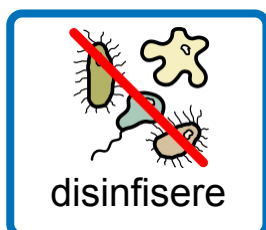
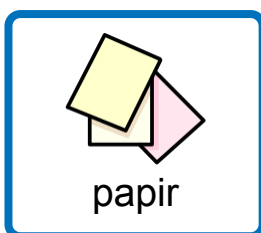
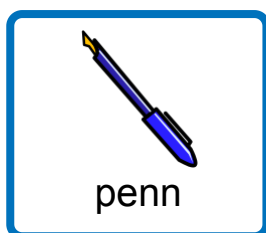
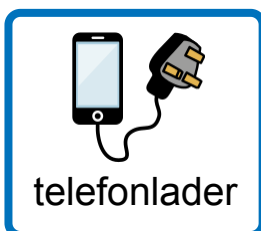
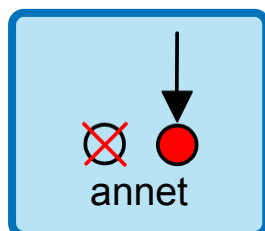
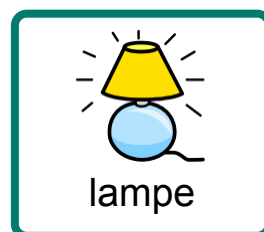
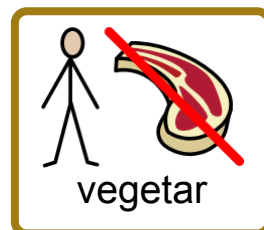
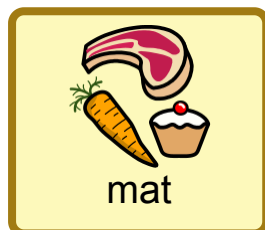
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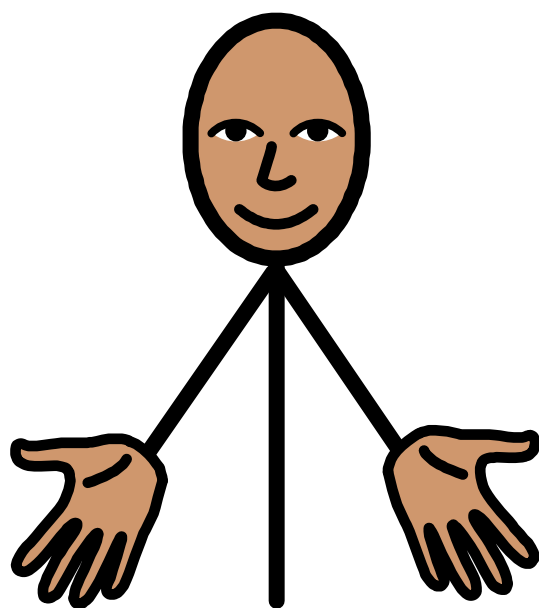


pysj

Norwegian translation with thanks to NorMedia As  
Created for the Widgit Refugee Symbol Resources

# Jeg trenger





Jeg trenger - voksen



# Jeg trenger - voksen

 Toalett	 toalettpapir	 bind	Navn:		
 Dusj	 såpe	 sjampo	 håndkle	 hårføner	 kam
 hårbørste	 hårklype	 hårbøyle	 barbere	 pusse tenner	 doedorant
 Klær	 for meg	 for min sønn	 for min datter		
 undertøy	 bukser	 t-skjorte	 genser	 jakke	 lue
 hansker	 skjerf	 joggesko	 sokker	 pysj	
 For min baby	 bleier	 våtservietter	 krem	 babypudder	 sparkebukse
 baby kopp	 flaske	 sterilisere	 melk	 barnevogn	 smukk

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# Jeg trenger

