

实用英语之英语口语：生病常用英文 PDF转换可能丢失图片或格式，建议阅读原文

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一般病情: He feels headache, nausea and vomiting. (他觉得头痛、恶心想吐。)

He is under the weather. (他不舒服，生病了。)

He began to feel unusually tired. (他感到反常的疲倦。)

He feels light-headed. (他觉得头晕。)

She has been shut-in for a few days. (她生病在家几天了。)

Her head is pounding. (她头痛。)

His symptoms include loss of appetite, weight loss, excessive fatigue, fever and chills. (他的症状包括没有食欲、体重减轻、非常疲倦、发烧和发冷。)

He feels exhausted or fatigued most of the time. (他大部份时间都觉得非常疲倦。)

He has been lacking in energy for some time. (他感到虚弱有段时间了。)

He feels drowsy, dizzy and nauseated. (他觉得昏昏欲睡，头晕目眩和想吐。)

He feels as though everything around him is spinning. (他感到周围的东西都在打转。)

He has noticed some loss of hearing. (他发觉听力差些。)

She has some pains and itching around her eyes. (她眼睛四周又痛又痒。)

(2) 伤风感冒： He has been coughing up rusty or greenish-yellow phlegm. (他咳嗽带有绿黄色的痰。)

His eyes feel itchy and he has been sneezing. (他眼睛发痒，而且一直在打喷嚏。)

He has a fever, aching muscles and hacking cough. (他有发烧，筋骨酸痛和常常咳嗽。)

(hacking = constant) He coughed with sputum and feeling of malaise. (他咳嗽有浓痰，而且觉得很虚弱。)

(malaise = debility) He gets a cold with a deep hacking cough. (他伤风咳嗽。)

He has a headache, aching bones and joints. (他头

痛，骨头、关节也痛。) He has a persistent cough. (他不停地在咳。) 或 He has bouts of uncontrollable coughing. (他一阵阵的咳嗽，难以控制。) He has hoarse and has lost his voice sometimes. (他声音嘶哑，有时失声。) He has a sore throat and a stuffy nose. (他嗓子疼痛而且鼻子不通。) His breathing is harsh and wheezy. (他呼吸时，有气喘似的呼哧呼哧作响。) He has a stabbing pain that comes on suddenly in one or both temples. (有时突然间太阳穴刺痛。) He has a runny nose, sneezing or a scratchy throat. (他流鼻水，打喷嚏和喉咙沙哑。)(3)手脚毛病：His both hands and feet ache all over. (他两手两脚都很酸痛。) He has pain on the sole of his feet. (他脚底很痛。) There is a wart-like lump on the sole of right foot. (我右脚底有个像肉疣般的硬块。) His ankles look puffy and they pit when he presses them with his finger. (他的足踝好像肿了，用手按，就有小坑痕。)(pit = small dent form) (句里的 they 和 them 都是指 ankles) The pain in his left foot is accompanied by redness and swelling. (左脚酸痛，并有红肿。) The joints near his fingernails and knuckles look swollen. (指头和指节旁边的关节，似乎有肿大。) He has numbness and tingling in his hands and fingers. (他的手和指头感到麻木和刺痛。) His legs become painful following strenuous exercise. (激烈运动后，他的腿就痛。) His knee is misshapen or unable to move. (他的膝盖有点畸形，也不能动。) There are some swellings in his armpit. (他的腋窝肿大。) He is troubled with painful muscles and joints. (他的筋骨和关节都痛。) She is troubled by the pains in the back and shoulders. (她的后背和肩膀都痛。) His knee has been bothering him for some time. (他的膝盖不舒服，已有一段时间了。)(4)

睡眠不好： He is sleeping poorly. (他睡不好) He has difficulty in sleeping, inability to concentrate. (他不易入睡，也难集中精神。) It is usually hard for her to fall asleep when she goes to bed at night. (她晚上就寝，很难入睡。) He wakes during the night or early morning and finds it difficult to fall asleep again. (他晚间或清早醒来后，再也不能入睡。) He has nightmares occasionally. (他有时做噩梦。)

(5) 呼吸方面： His breathing has become increasingly difficult. (他呼吸越来越困难。) He has to breathe through his mouth. (他要用口呼吸。) He is short of breath, even when he has not been exercising, he is breathless. (他喘气；即使不运动，他也是上气不接下气。) His cough is more like wheezing. (他的咳嗽有呼哧呼哧的响声。) His cough is dry, producing no phlegm. (他是干咳，没有痰。) He has coughed up blood. (他咳嗽有血。) His nose stuffed up when he had a cold. (他感冒时鼻子就不通。) He coughs up a lot of phlegm (thick spit) on most days. (他多半时间咳出浓浓的痰。) He has a feeling of tightness in the chest or a feeling that he is suffocating. (他胸部觉得闷闷的，好像透不过气来。)

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