

Signs to help the Deaf

Included in this packet:



Medical Signs



Color Signs



People Signs

This is made by: Deanna Zander, I am a parent of a deaf son. Here is my email address:

DTZander@hotmail.com, if you have any questions, please email your question,

Please put in the Subject box- RE: Medical Signs.

For more information, or to obtain a hospital kit for Deaf or Hard of Hearing, please contact Pam Smith, Adult Outreach Coordinator @ 701-665-4401

Medical Signs

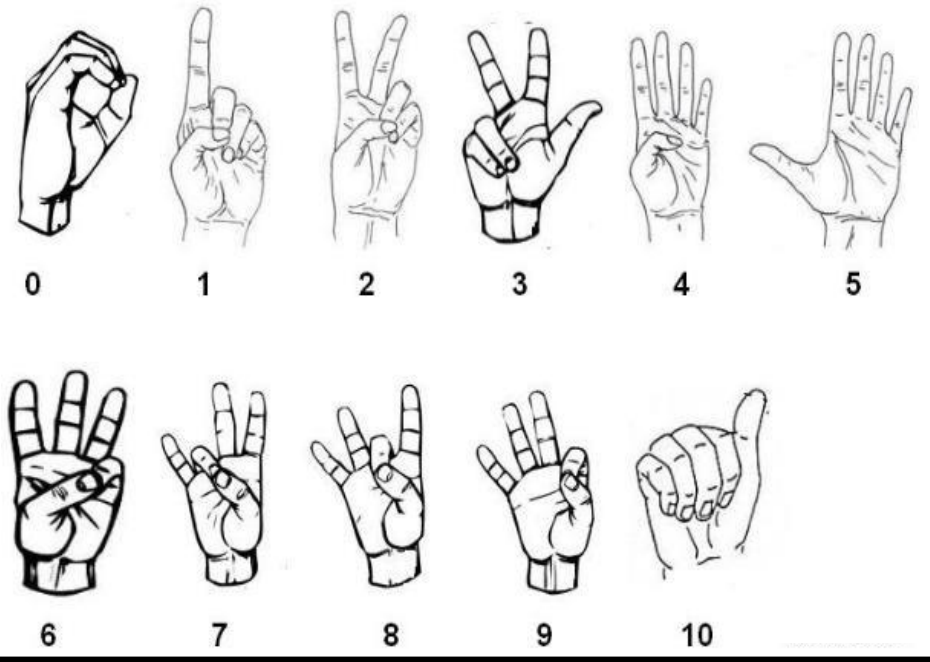
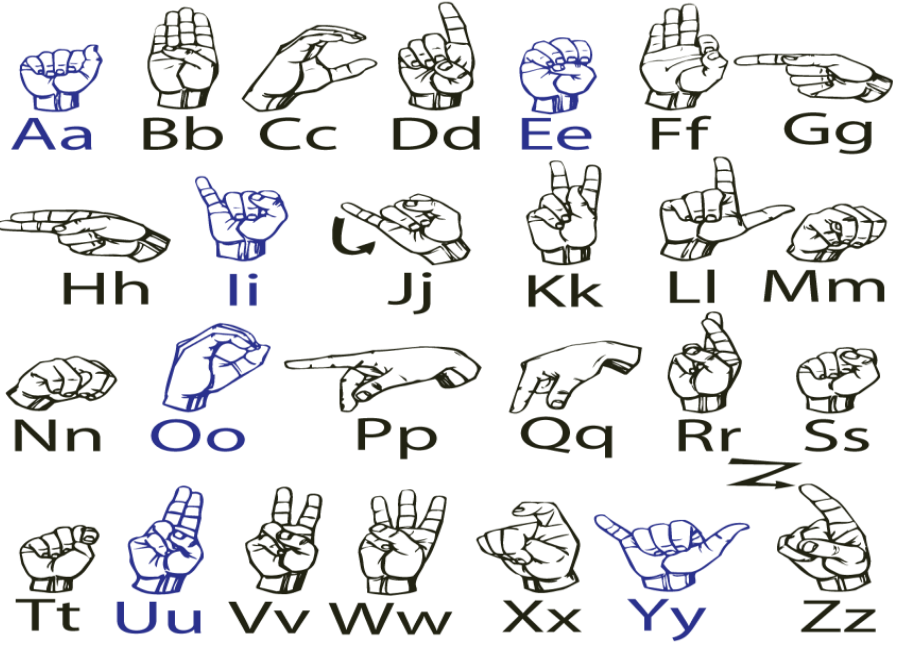


Made By: Deanna Zander

Medical Signs (Medicine)

Medicine- Tip of bent middle finger rubs circle on left palm

Sign- Palm-out indexes circle alternately



Hi, Hello, Howdy



Flat hand, Touch forehead, move forward slightly right

Good-Bye,
Bye



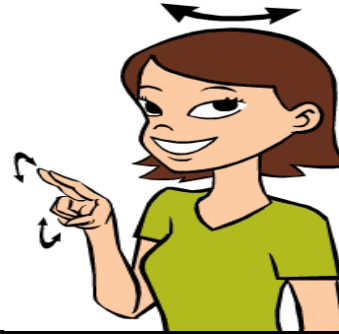
Just wave

Yes, Yep

Right "S" hand
& head nods
(both head & hand nod)

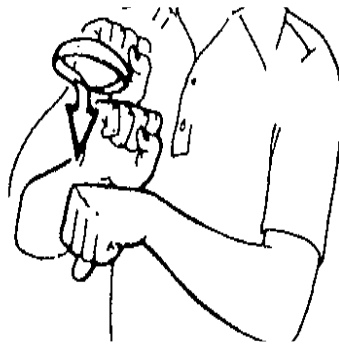


No, Nope



First two fingers close onto thumb, & shake your head

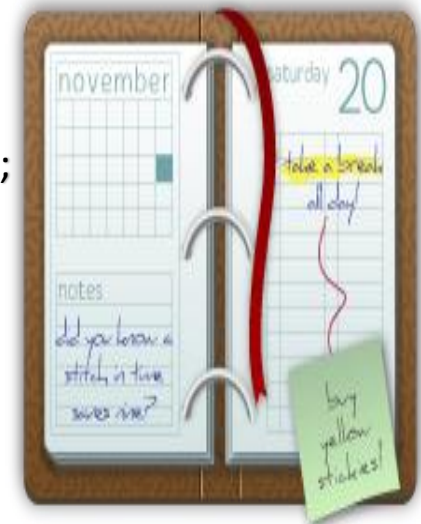
Appointment



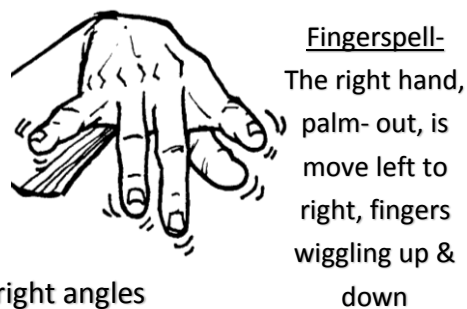
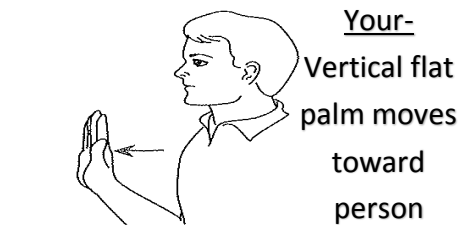
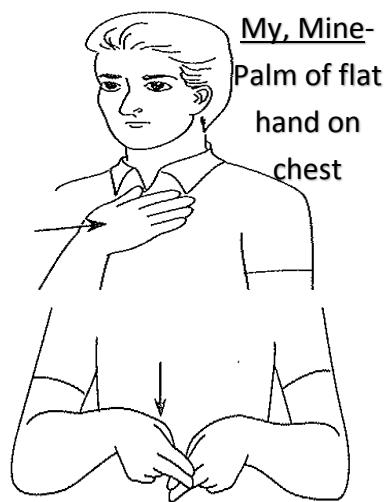
The right "S" hand palm down, is positioned above the left "S" hand, also palm-down. The right hand circles above the left in a clockwise manner & is brought on the back of left hand.

Schedule

Fingertips of the right palm-out "5" draws down left palm; then turn palm-in & draws across palm



Your Name, My Name



Name- Right "H" touches left "H" at right angles

Birthday

The right middle finger touches the chin, then moves down to touch the chest



MM/DD/YYYY

Address

The upturned thumbs of the "A" hands move in unison up the chest



John Doe Company

123 Any Street

City, State 98766-4321

Call, phone



Flat "O" tips touch, one palm-up, one palm-down, reverse, repeat



Number (701) 000-0000

Insurance Card



Insurance - Palm- out "I" shakes



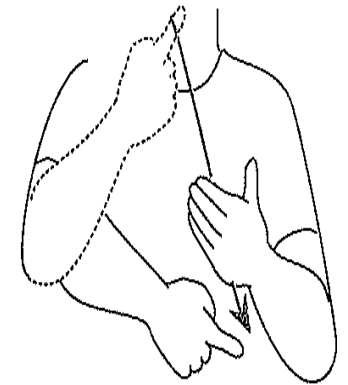
Card-
Right "C"
grasps left
palm-in flat
hand, then
slides off



Cancel



The right index finger makes a cross on the open left palm



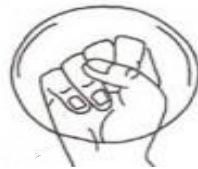
Days of the week



Monday- Circle "M"



Thursday- Circle "H"



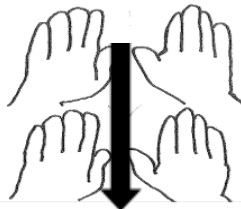
Saturday-
Circle "S"



Tuesday- Circle "T"



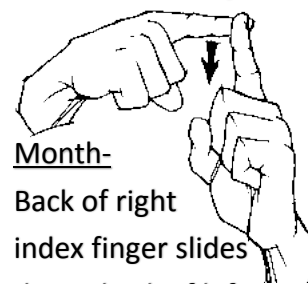
Friday- Circle "F"



Sunday- The "5" hand, held side by side & palms out before the body, move straight down

Wednesday- Circle "W"

Month, Day, Year, Time

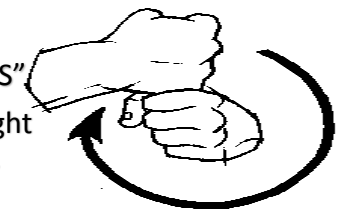


Month-
Back of right
index finger slides
down back of left
index finger



Day-
Elbow on back of
hand, right 1-
hand drop down
on left arm

Year-
Right horizontal "S"
rest on left "S", right
circles vertically
around left



Time- Right index "X"
finger taps left wrist



Please

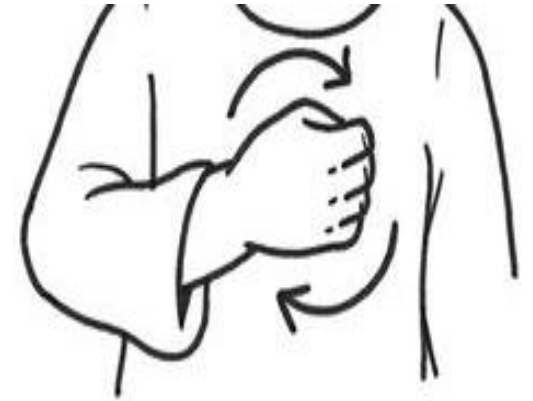
Open hand,
Make circle
motion on chest



Sorry

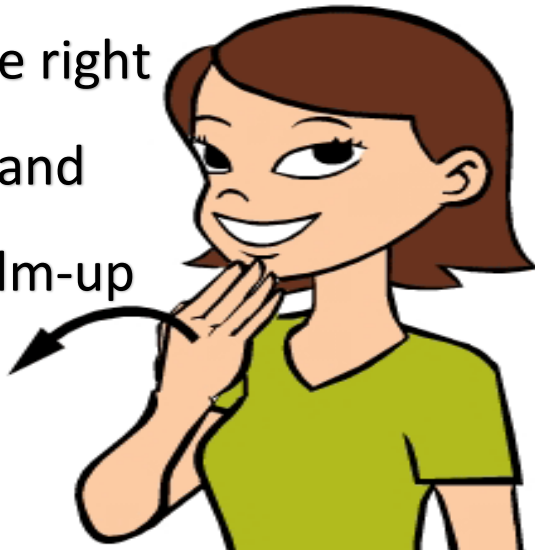


Sorry = fist makes
circle motion on
chest



Thank you, Thanks

Fingertips of the right
palm-in open hand
at chin drop palm-up



Welcome

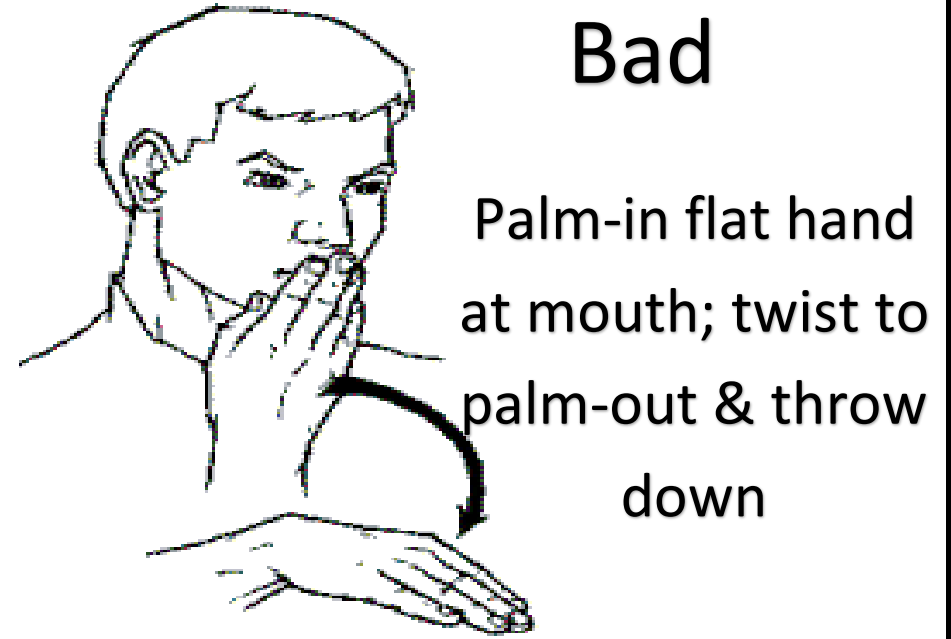
Left palm- up "B"
curves horizontally
toward body



Good



Bad

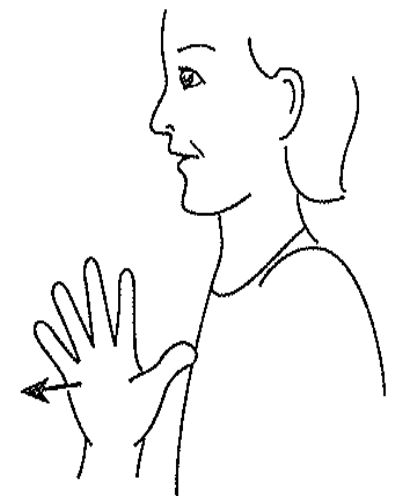


OK



Fine

Thumb of palm-left "5" hand on chest



Draw Blood, Take Blood, (Lab)



Test

Indexes change repeatedly from "1" to "X", moving

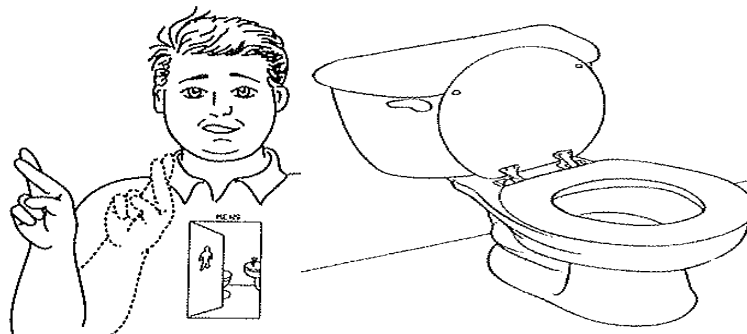


Bathroom, Restroom

Bathroom= Shake the "T" hand shape

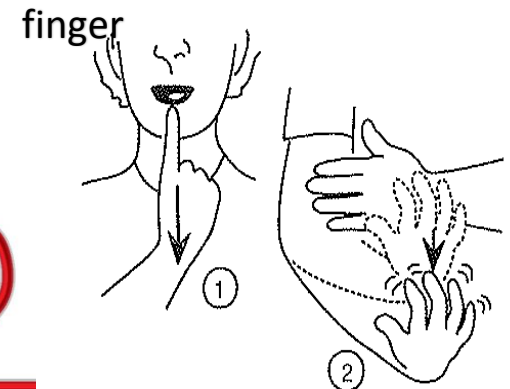


Restroom= "R" bounce the R twice



Blood, Bleed

Index at chin drops, changing to palm-in "5" on back of right hand, moving downwards with fluttering finger



Pharmacy, Drug Store, RX

Place where you get your medicine filled

(Example- CVS, Walgreen, Bell Drug)



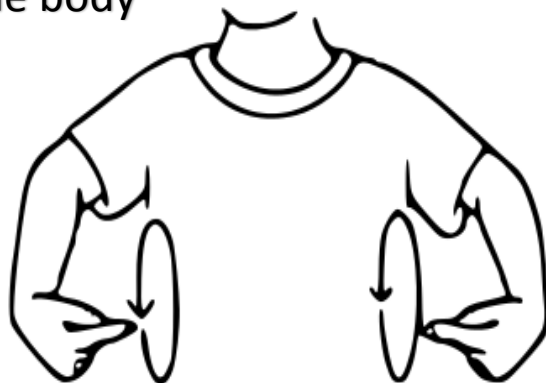
Medicine

Open 5 hand & Tip of bent middle finger rubs circle on left palm



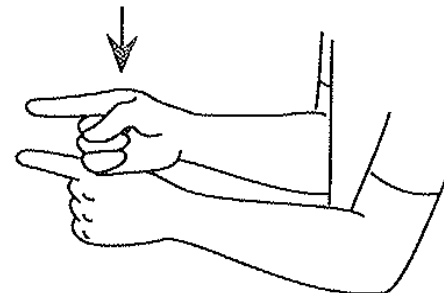
Wheelchair

Make large forward circles at the sides of the body



Wrong, Mistake

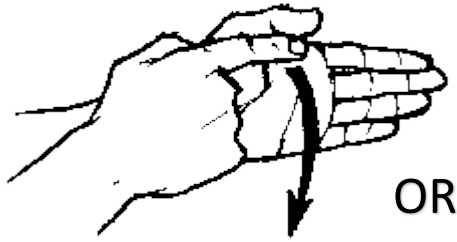
Palm- in left "Y" taps on chins; repeat



Right, Correct

Right 1-hand drops on top of left 1-index fingers at slight angles

What



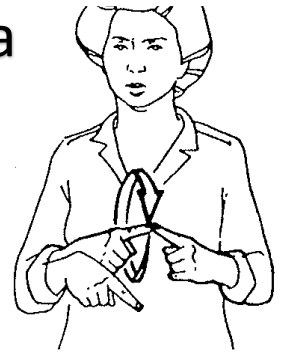
OR

Note: eyebrows move downward, show quizzical expression on face while signing what?



When

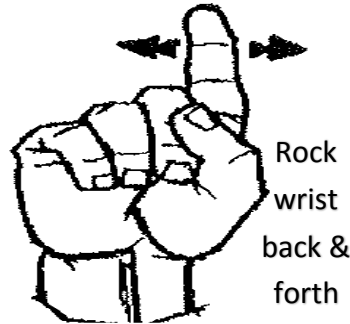
Indexes touch, make a circle with left index fingertips; return tip-to-tip



Note: show a quizzical expression on face

Where

Hold up the index finger, like you're indicating "one," then shake it side to side



Note: eyebrows move downward while showing quizzical expression on face when asking question



Thumb of "L" on chin; wiggle index finger

Who

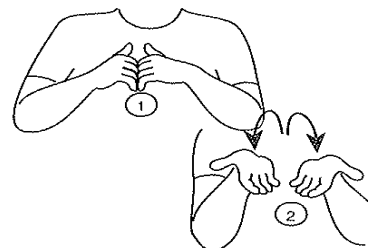
Note: show a quizzical expression on face while sign "who"

Why

Palm-in fingers of open hand on forehead, move out to palm-in "Y"



Note: show a quizzical expression on face

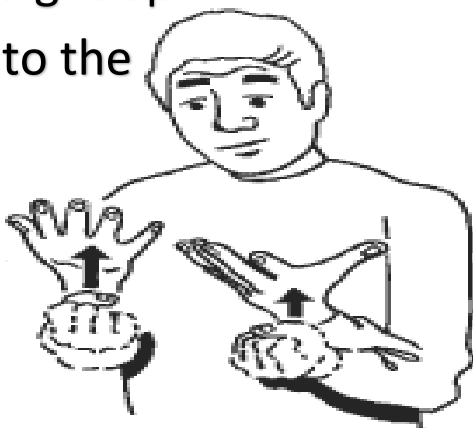


How

Knuckles of palm-down bent hands touching roll hands from inward to outward ending palm-up

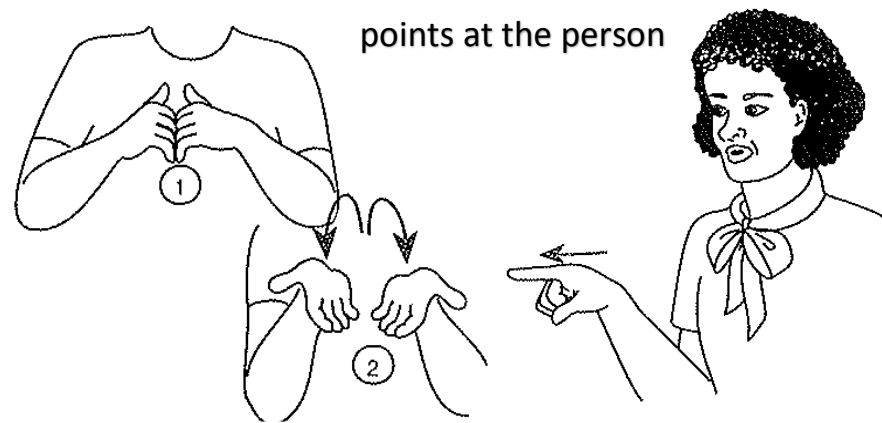
How Much

The hands tossed straight up
while fingers open to the
"5" position

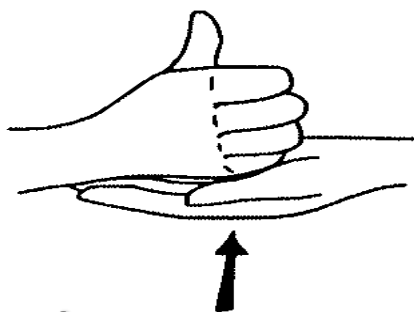


How (are) you?

Knuckles of palm-down bent hands touching roll hands from
inward to outward ending palm-up & then index finger
points at the person



The left "S" hand, thumb side up, rests in
the open right palm. In the position the left
hand is pushed up a short distance by the
right hand



Help

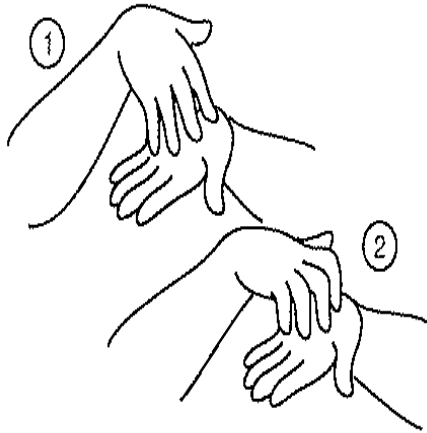
Careful

Make two "K" hands &
turning your hands
sideways (pinkie-sides
down), place one "K"
hand on top of the other,
& tap a few times



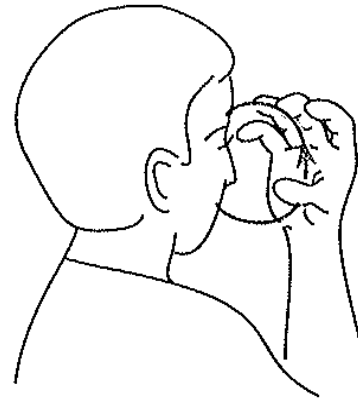
Weak

Fingertips on right palm, bend finger; repeat



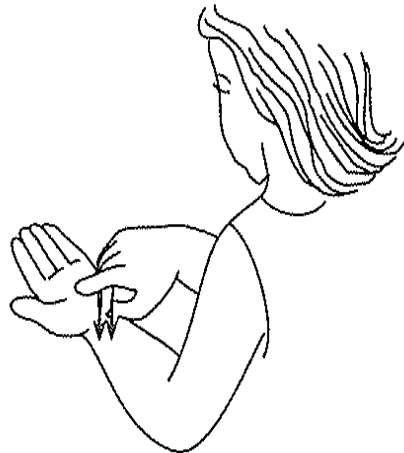
Dizzy

Palm- in left claw hand circles in front of eyes or the side of the head



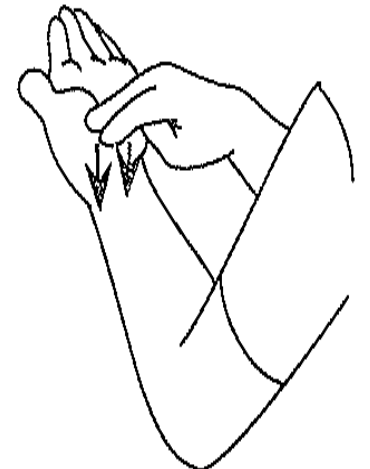
Doctor

Thumb & finger of "D" tap pulse of left wrist, tap twice



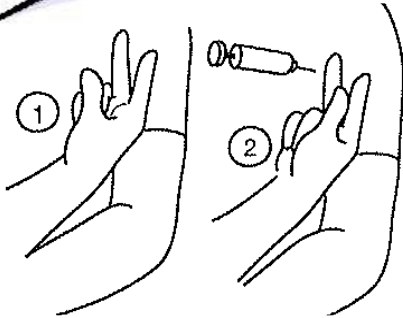
Nurse

Fingertips of "N" tap left pulse twice



Shot

(The natural sign) The right hand goes through the motion of injecting a substance into the upper left arm, or Back of "V" fingers on upper left arm, thumb of "V" drops to index



Sick, ill

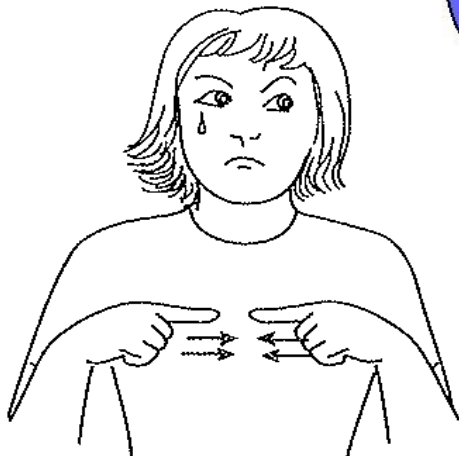
Open 5 hand, bent middle fingers, touch right on the forehead & the stomach



Hurt, Pain



Palm-in, index fingers jerk toward each other: repeat

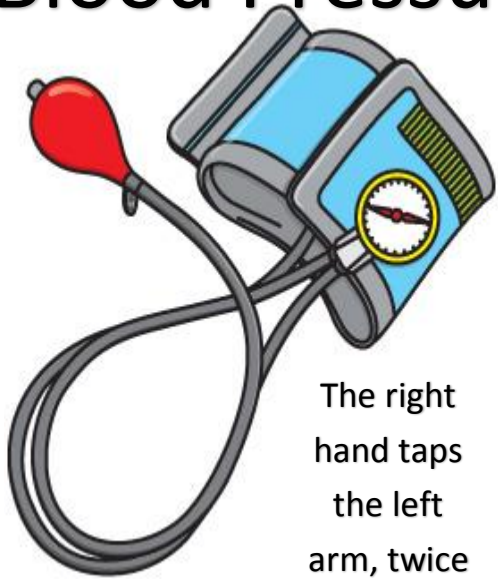


Rest, Relax

(The folded arms: a position of rest.)
With palms facing the body, the arms are folded across the chest



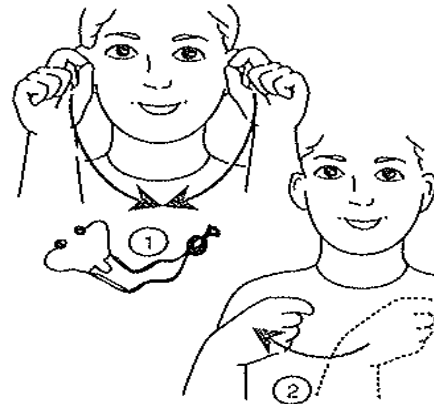
Blood Pressure



The right hand taps the left arm, twice



Stethoscope



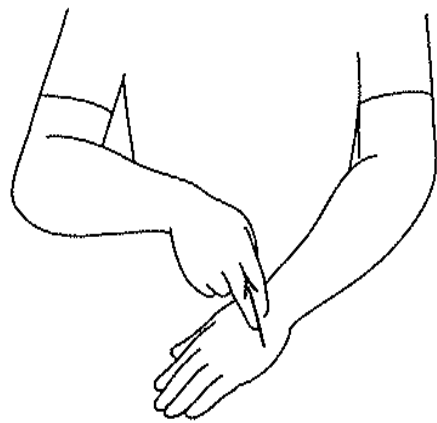
(Miming) the earpieces are placed in the ears, & then the other end of the instrument touches different spots on the chest



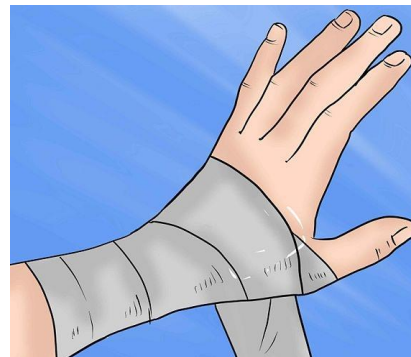
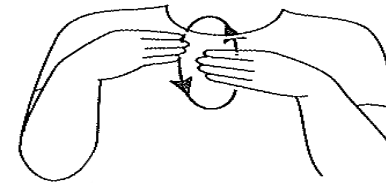
Bandage, Band-Aid



Right palm- down "U" slides inward across back of left hand



Wrap



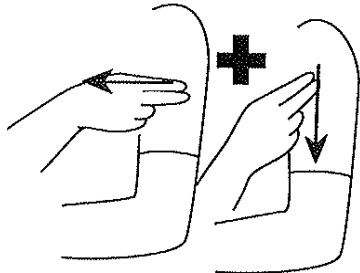
Right "B" circles left "B"

Hospital

"H" or "C"

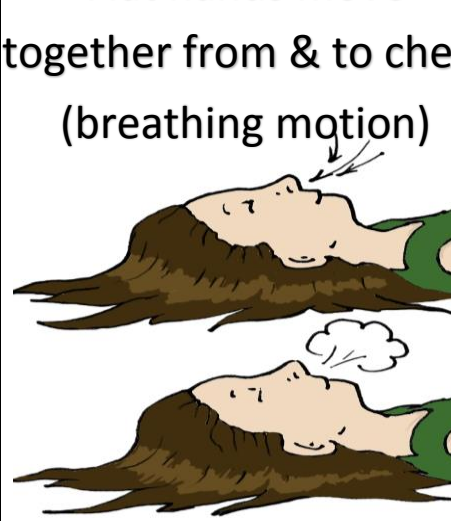
Clinic

draws
cross on
upper left
arm



Breathe

Flat hands move
together from & to chest
(breathing motion)



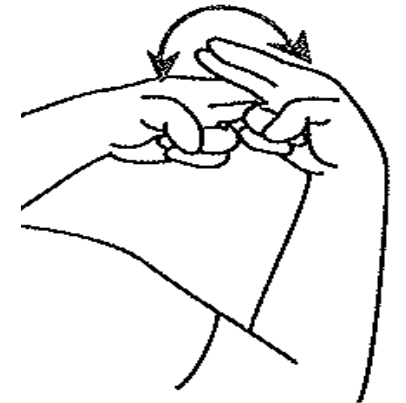
Infection



Palm- out "I" shakes

Weight

The fingers of the right "H" hand are centered on the
left index finger or "H" hand & rocked back & forth



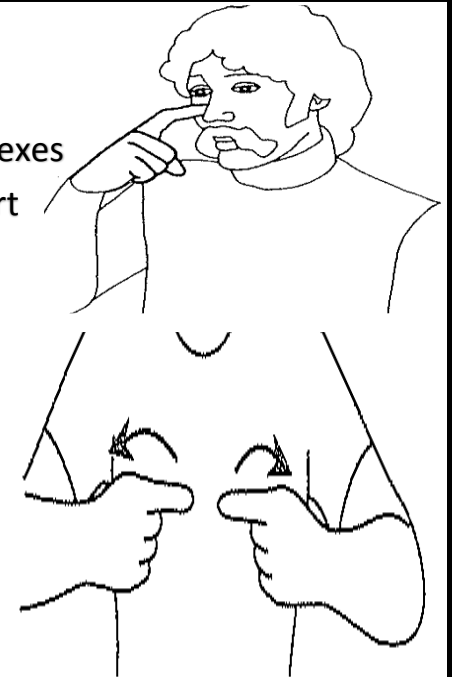
Pulse



Fingers grasp palm- up
left wrist, thumb on
bottom

Allergies

Touch nose & then put point indexes
at each other: hands pull apart



Cold, Shivering, Chilled

Make fists with both hands & hold them at
shoulder level, then shake your fists &
arms as if you're shivering in the cold



Hot

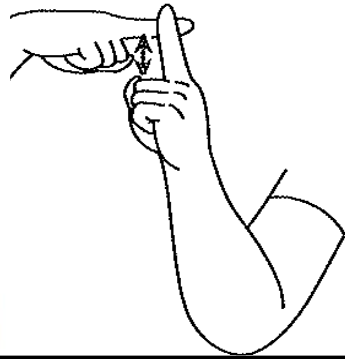
"C" hand shape with either
hand. While holding the "C"
position, place your fingertips
just under your nose & your
thumb tip just under your
bottom lip. Quickly move your
hand away from your mouth
& twist your wrist so that your
fingertips are facing away
from your body



Temperature, Temp



Left index finger slides rapidly up
& down of right index finger



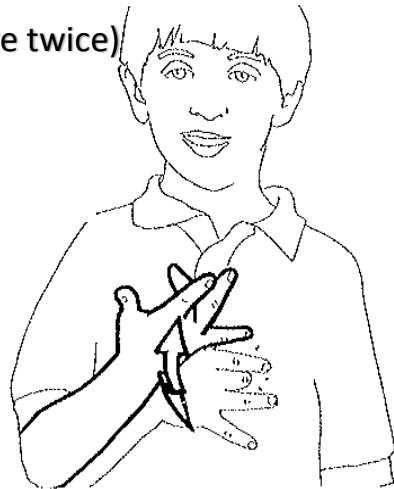
Cough



Right "S" hand, pound chest

Feel, Feeling

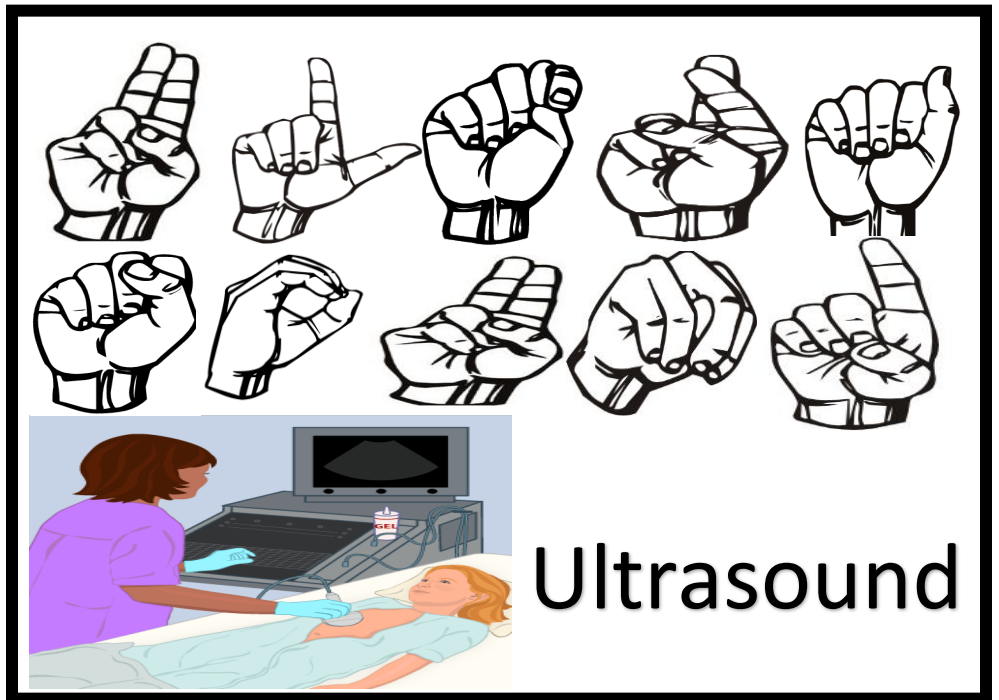
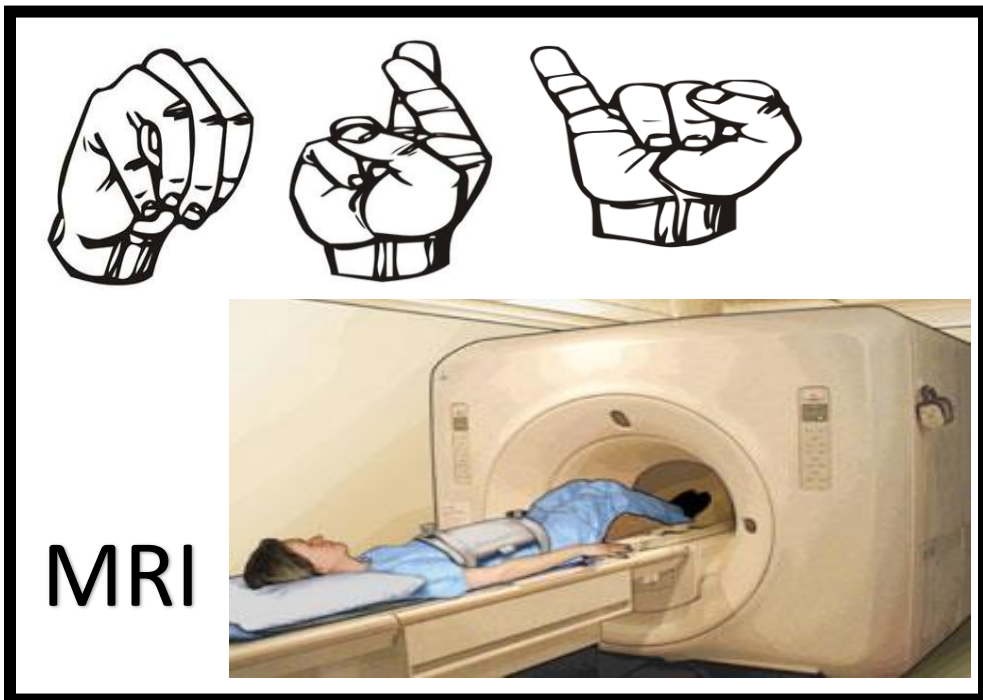
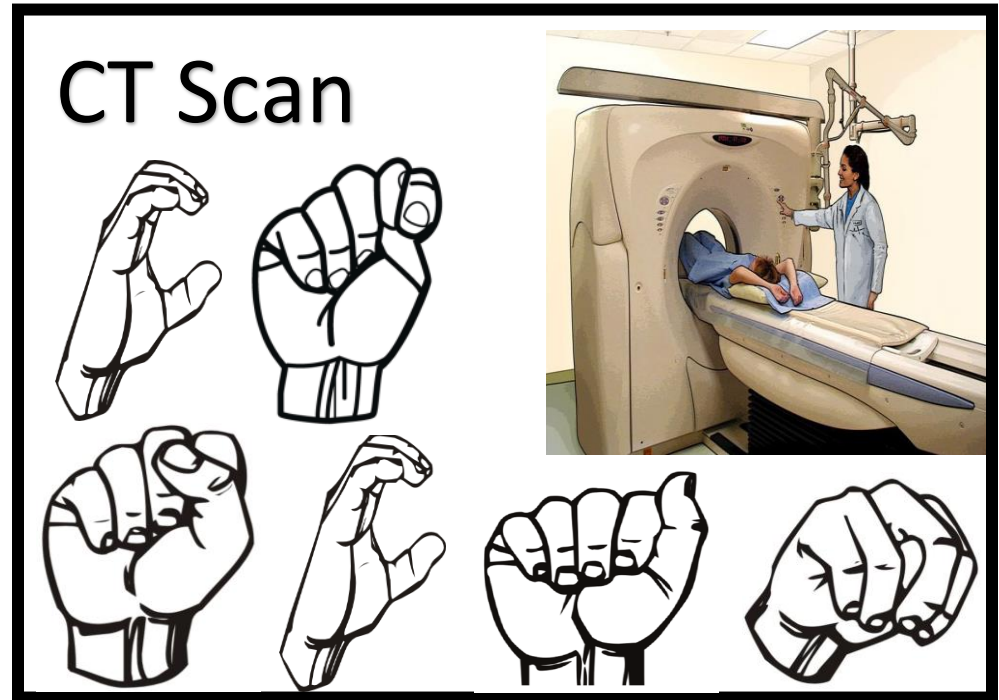
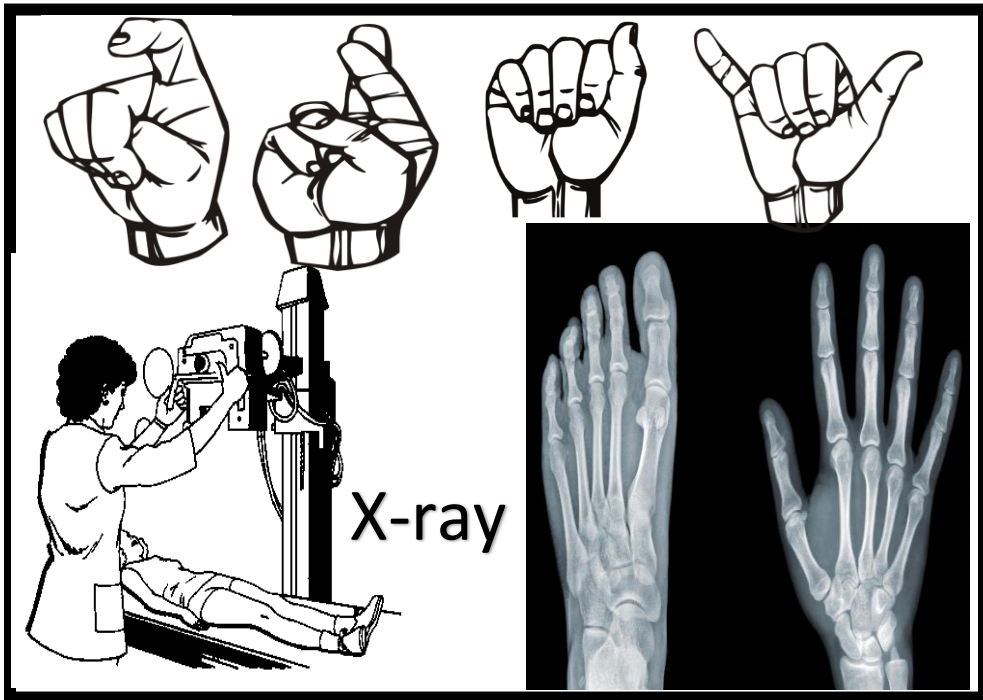
The middle finger, touching the heart
moves upward. (Feelings- move twice)



Tired, Exhausted

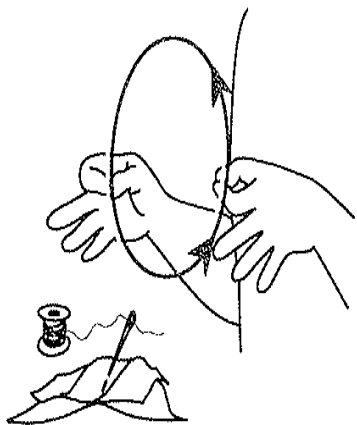
Flat "B" hand touch near chest arc downward,
move body downward like you're tired





Stitches

Right "9-hand" sews left thumb & fingertips of "9-hand"

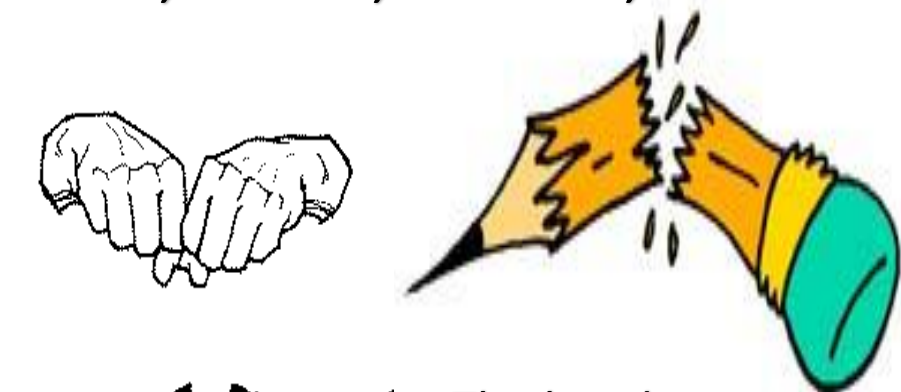


Staples

Bent "V" arcs to hit neck with fingertips



Break, Broke, Broken, Fracture



The hands grasp an imaginary object & break it in two

Cast

The knuckles of the right "A" hand tap the back of the left hand a few times. The right "C" hand faces down & moves down the left arm as if imitating a cast on the arm.



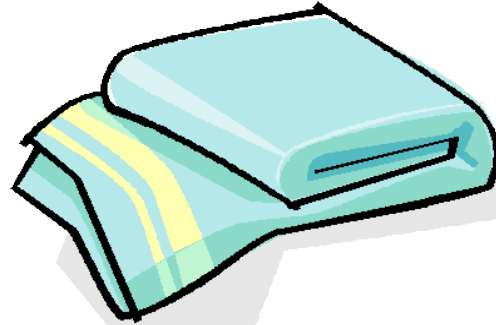
Oxygen

(The oxygen mask) the cupped right hand is placed over the mouth & face Or the signer fingerspells "O-2" dropping the hand a bit for the "2"



Blanket

(Pulling up the covers) The downturned hands grasp an imaginary blanket edge & pull it up over the chest



Surgery

The thumb of the right "A" hand is drawn straight down across the upright left palm

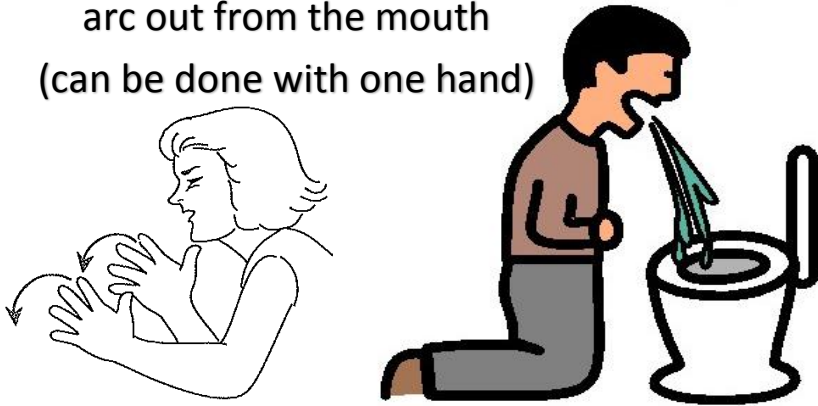


IV



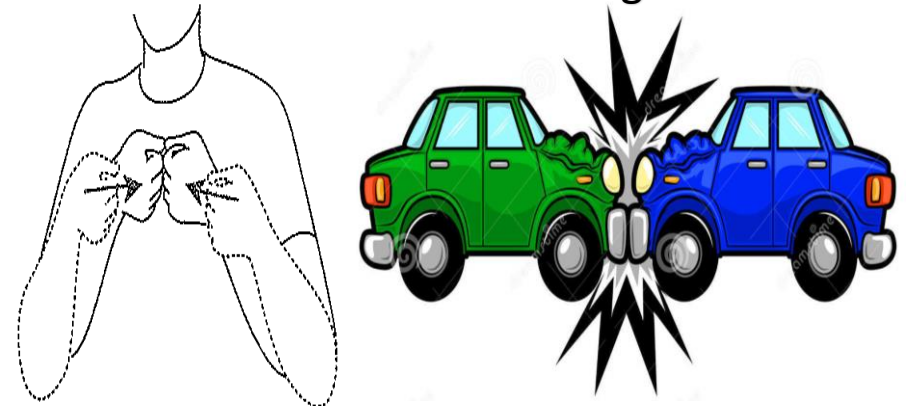
Throw- up, Puke, Vomit

"5" hand(s) one behind the other,
arc out from the mouth
(can be done with one hand)



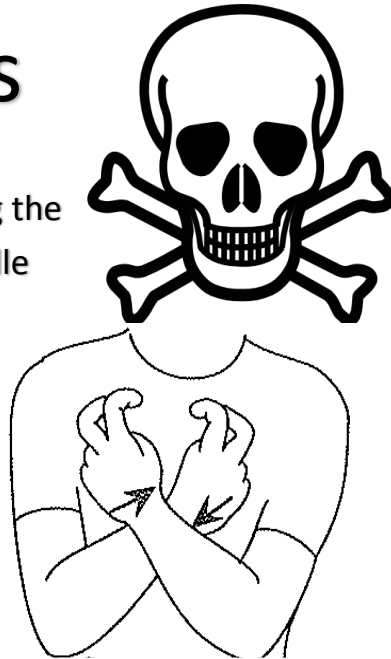
Accident

Palm-in horizontal "S" at sides,
hit knuckles together once



Poison, Bones

Both hands, crossed & palms facing the
body, are held with index & middle
fingers curved inward



Emergency

Shake "E" hand shape



Heart Attack

Heart- Middle finger taps over heart
Attack- Back of right "S" hits left index
finger



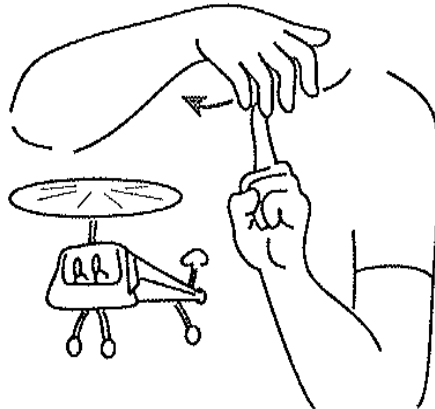
Headache



The index fingers, pointing to each other, move back & forth on the forehead

Helicopter

Palm of claw hand on tip of
vertical left index fingertip;
right hand finger wiggle



Ambulance, Medic, Paramedic

The right hand, fingers extended, is positioned above the
head. It rotates in imitation of flashing emergency light



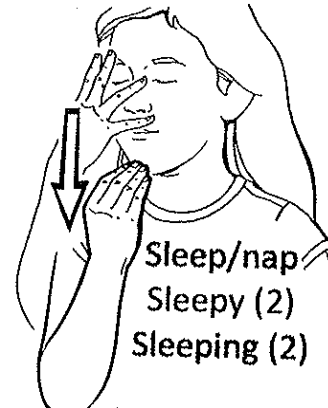
Bed

Right cheek on
back of palms
together hands



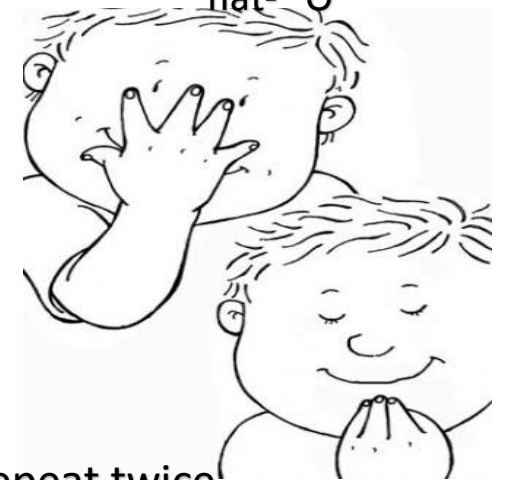
Sleep

Right palm-in "5" hand in
front of face, drops to
flat- "O"



Sleep/nap
Sleepy (2)
Sleeping (2)

Sleepy, Sleeping- repeat twice



Admit, Enter

Left palm- down flat hand arcs down under horizontal
right palm



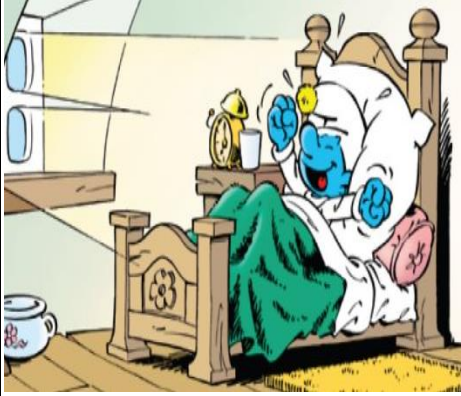
Discharge, Excuse

Left fingertips brush off right fingertips several times



Wake-up

Both hands are closed, with thumb & index finger of each hand held together, extended & placed at the corners of the closed eyes. Slowly, they separate, & the eyes open



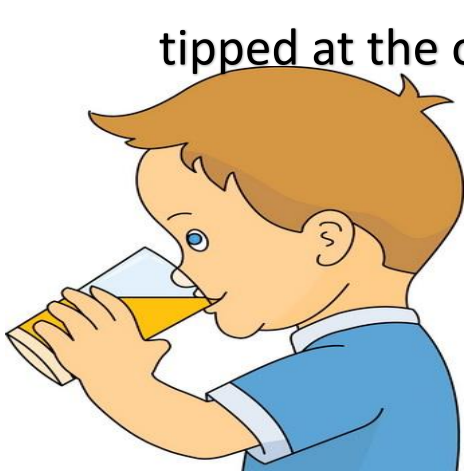
Thirsty

The index finger moves down the throat a short distance



Drink

(The natural sign) An imaginary glass is tipped at the open lips



Water

Index finger of palm left "W" taps chin



Hungry

“C” hand move down the chest



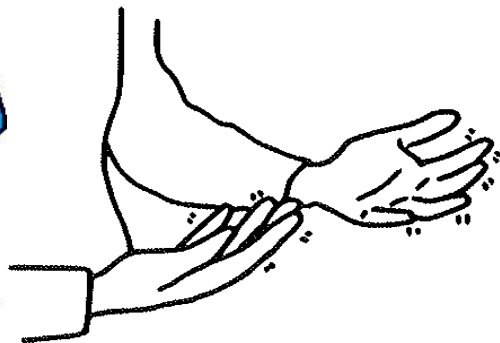
Eat, Food

The closed right hand goes through the natural motion of placing food in the mouth, twice



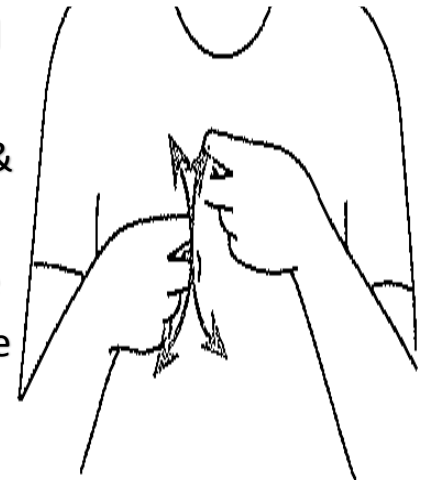
Wait

With both hands, make the open “5” hand, palms facing up & fingertips curled, & wiggle your fingers



Problem

The knuckles of the curved index & middle fingers of both hands are rubbed up & down against each other, instead of the alternate clockwise/counterclockwise manner



More



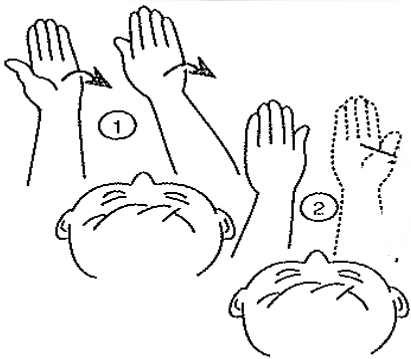
Flat "O" bounce tips together twice

Wash Hands



Both hands into a fist, holding the two fists together, & twisting the two fists back & forth.

Die, Death, Pass-Away



Right hand palm-down, left palm-up turn hand over to the right



Open 5 hand, shake 5 hand

Finish,
Complete, All Done



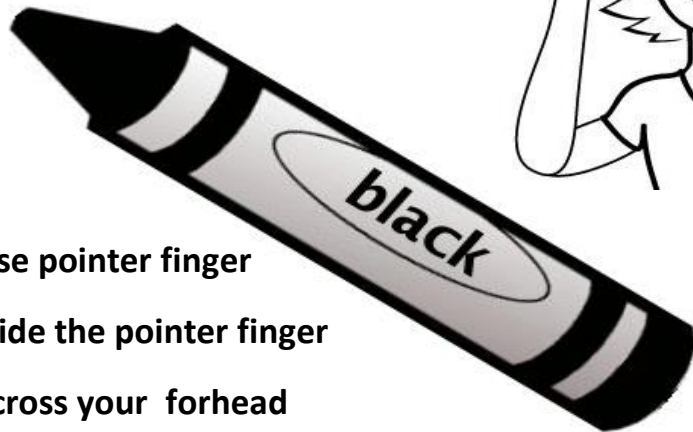
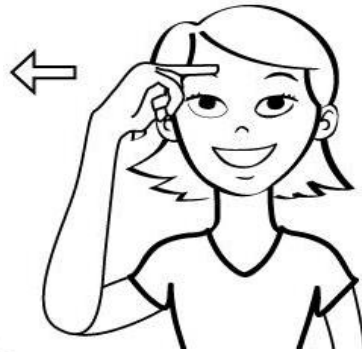
Color Sign

Color- Finger wiggle in front of chin

Sign- Palm- out indexes circle alternaetly



Black



Use pointer finger
Slide the pointer finger
across your forehead

Grey, Gray



Or



Use "G"
across your
forehead

Brown

Use "B" – Brown
Slide "B" down your
cheek



Tan

Use "T" – Tan
down your cheek



Blue



Blue -Shake the "B" hand



Green

Green – Shake the "G" hand



Purple

Purple – Shake
the “P” hand



Yellow

Yellow- Shake
the “Y” hand



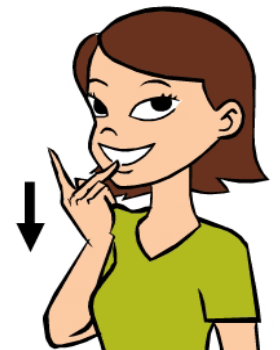
Red

Use “R” or pointer finger –
Slide the “R” or pointer
finger off your lips



Pink

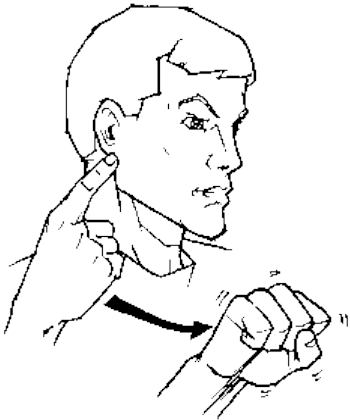
Use “P”- Slide the “P”
pointer out off your lips



Silver

Use "S" Silver

Point to your ear &
Shake the "S" from
your ear



Gold

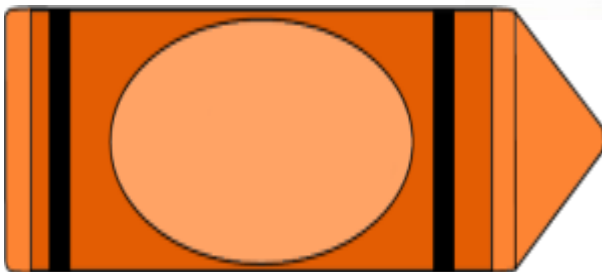
Use "Y" or "G" Gold

Point to your ear & Shake
the "Y" or "G" from your
ear



Orange

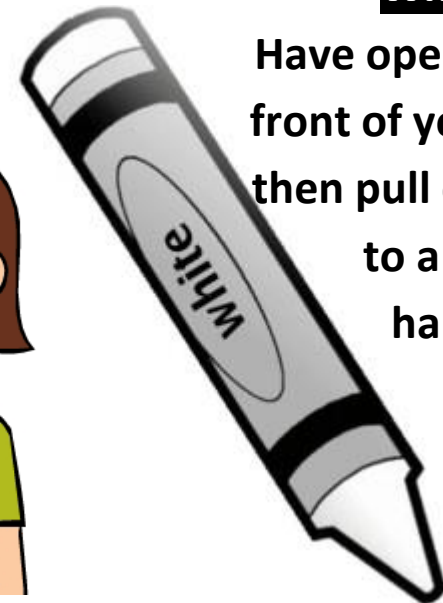
Use "O" - Orange
Squeeze the "O" on
the chin



White

White

Have open hand in
front of your chest,
then pull outwards
to a close "O"
hand

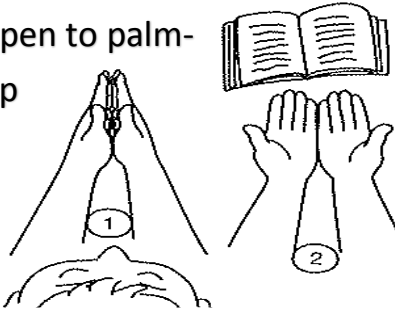


Color Book

Color- Finger wiggle in front of chin

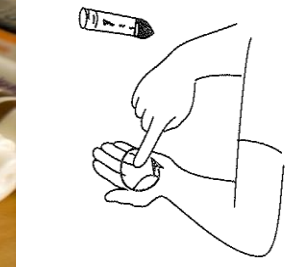
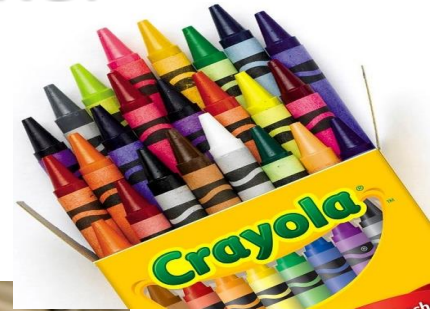


Book- Palm-to-palm hands open to palm-up



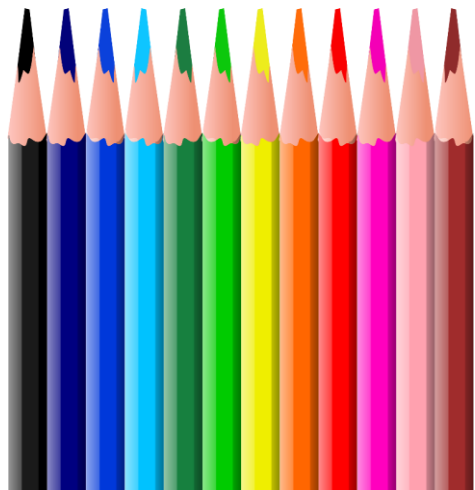
Crayon, Marker

Fingertips of index circles on left palm



Color Pencils

Color- Finger wiggle in front of chin

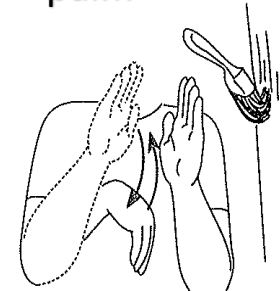


Pencil- Thumb & index finger at mouth, then write on left palm



Paint, Painting

Right flat hand fingertips brush up & down vertical left palm



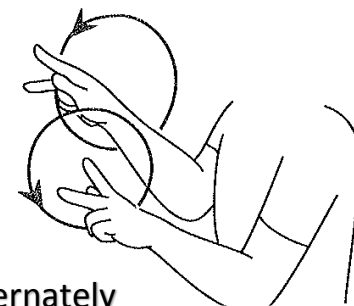
People Signs



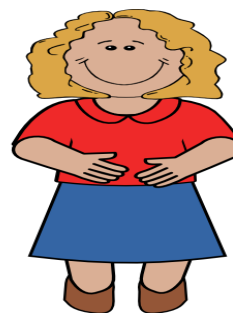
Made By: Deanna Zander

People Signs

People- Palm-out "P" circle alternately forward up & down

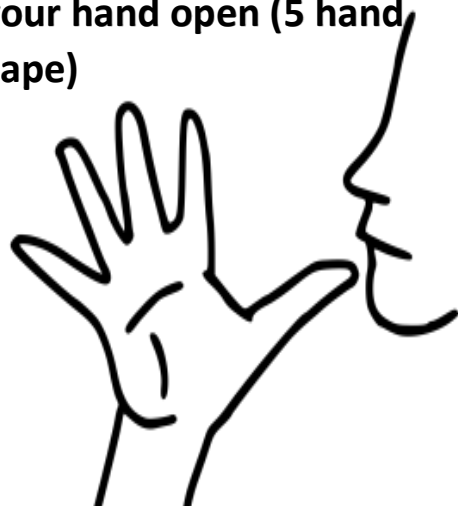
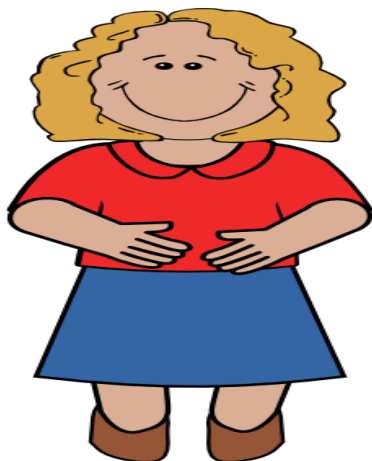


Sign- Palm- out indexes circle alternately



Mom, Mommy, Mother

Mom/Mommy/Mother- Touch your chin with your thumb & your hand open (5 hand shape)



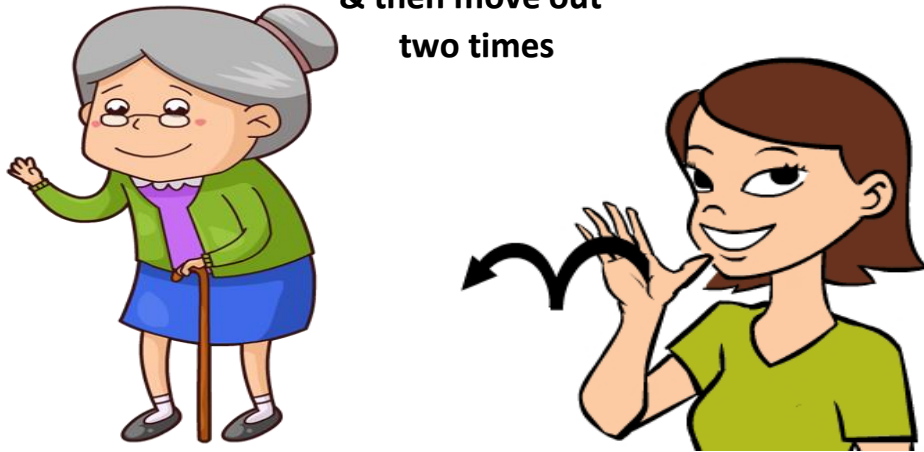
Dad, Daddy, Father

Dad/Daddy/Father- Touch your forehead with your thumb & your hand open (5 hand shape)



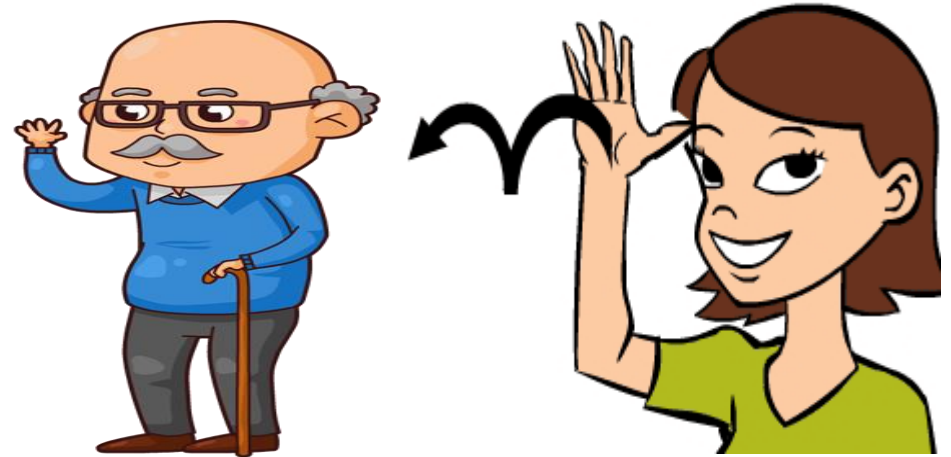
Grandma, Nana, Grandmother

Grandma/Grandmother/Nana- Touch your chin with your thumb & have your hands open (5 hand shape) & then move out two times

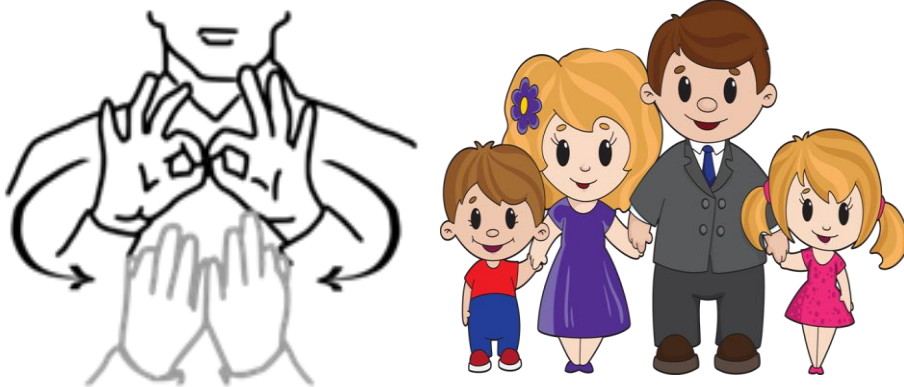


Grandpa, Papa, Grandfather

Grandpa/Grandfather/Papa- Touch your forehead & have your hand open (5 hand shape) & then move out two times

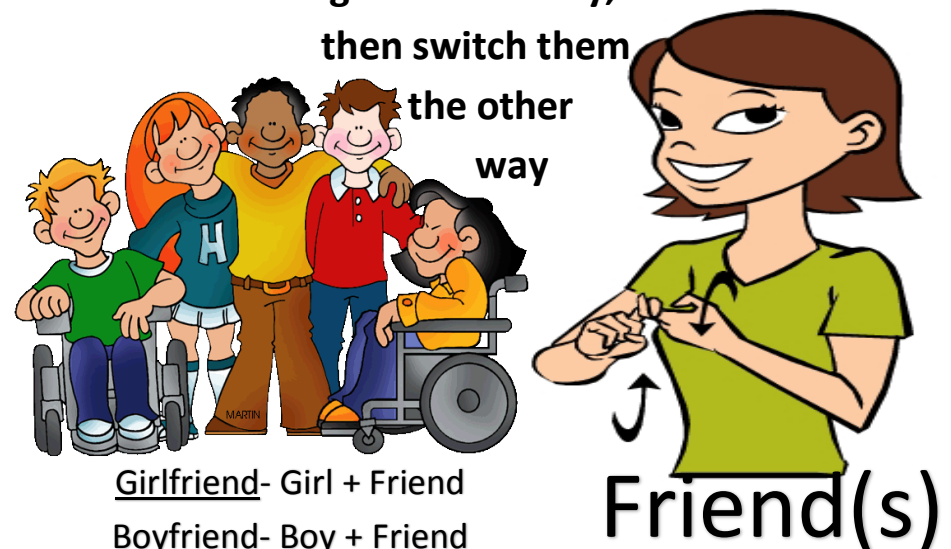


Family Use "F" & go around in a circle



Team- Use "T" & go around in a circle Class- Use "C" & go around in a circle
Group- Use "G" & go around in a circle Agency- Use "A" & go around in a circle
Workshop- Use "W" & go around to "S"

Hook your pointer fingers together one way, and then switch them the other way



Girlfriend- Girl + Friend
Boyfriend- Boy + Friend

Friend(s)

Sister

Sister- Touch your chin with an "L" hand shape & then tap your hand on top of the other "L" hand shape



Brothers

Brother- Touch your forehead with an "L" hand shape & then tap your hand on top of the other "L" hand shape



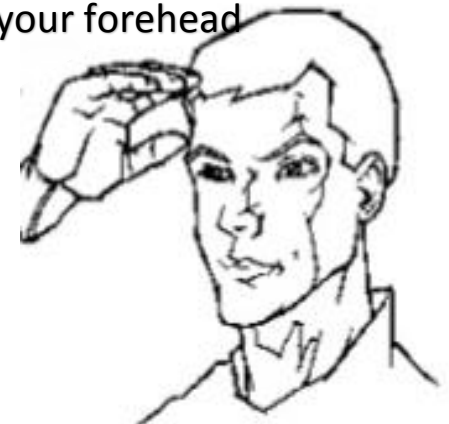
Girl, Gal, Female

Girl/Gal/Female- As in the picture, the girls wore bonnets. Use "A" hand-shape & slide the "A" hand shape along your cheek



Boy, Male

Boy/Male- Take hold of the brim of the cap (baseball cap). Use the sign for "No" but all finger touch your thumb & your forehead



Aunt, Auntie



Aunt, Auntie-

Use an "A"
shake on the
side of your
cheek

Uncle



Uncle-

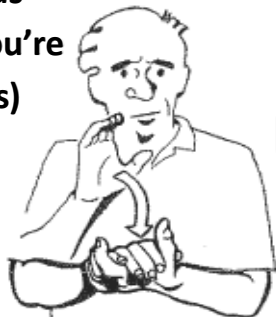
Use an "U"
shake on the
side of your
head

Wife-

Use "A" hand shape
(Do like girl/female)
& slide your "A"
hand shape along
your cheek & then
put your hands
together (like you're
holding hands)



Husband- Take hold
of the brim of your
cap (baseball cap or
boy/male) & then
put your hands
together (like your
holding
hands)



Husband



Wife

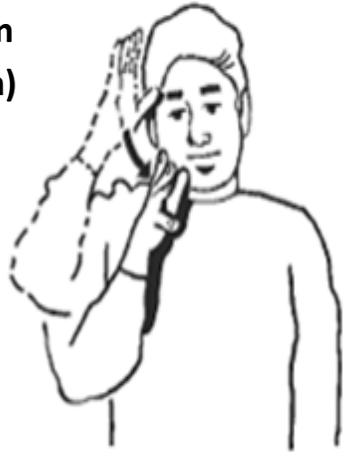
Man/Men/Gentleman- Touch your
forehead (For Dad) & then touch your chest

Woman/Women/Lady-

Touch your chin (for Mom) &
then touch
your chest



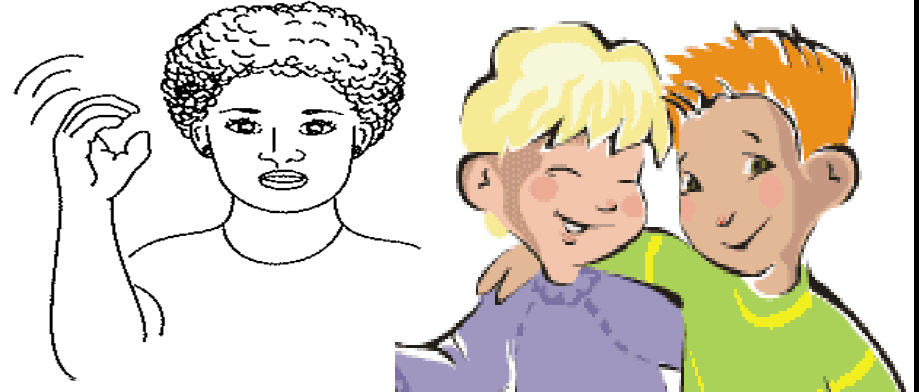
Parent(s) - Touch your forehead
(For Dad) & then touch your chin
(For Mom), (Do this back & forth)



Parents

Cousin

Cousin- Use a "C" & shake in
the middle of your face



Index finger & pinkie finger of the right hand, held palm
down, are pointing to the left. The index finger is
placed under the nose & the hand trembles somewhat



Kid(s)

Baby- Like you holding a baby &
rocking back & forth



Baby

Daughter



Daughter- Girl + Baby

Son

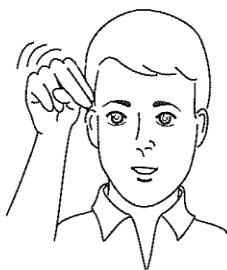


Son- Boy/Male + Baby

Nephew



Nephew- Use "N"
& shake on the
side of your head



Niece

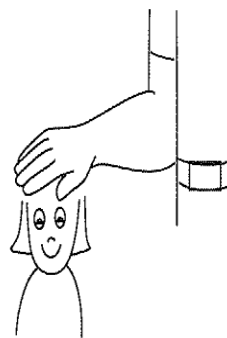


Niece- Use "N" &
shake on the side of
your cheek



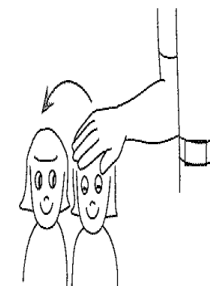
Child

Palm-down hand
bounces to side
waist high



Children

Palm-down hand
bounces to side
waist high



Interpreter

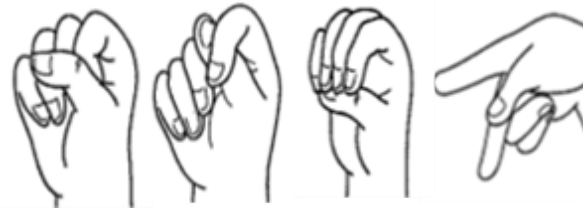
"9" thumb-on-thumb, one palm-up & palm-down, reverse: repeat



Person ending-
"5" hand shape closed, then move downward

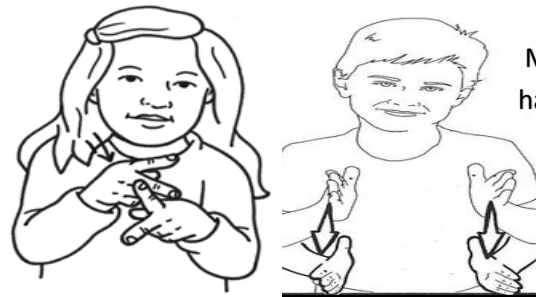


Step (As in Step-Parents, Step-Family, Step-Kids)



Guardian

Make two "K" hands & turning your hands sideways (pinkie-sides down), place one "K" hand on top of the other, & tap a few times, then the person ending- "5" hand shape closed, then move downward



Single

Vertical right index, circles slightly horizontally



Foster

False

Move your "Index finger" past your nose. Your index finger doesn't touch the nose, it just comes close. The movement can be in the wrist. The movement is NOT in the knuckle.



(As in Foster-Family, Foster-Kids)