I am **Unable to Speak** but **I Can Understand You**

This card will help you communicate with me.

---

**I may have COVID-19.**

**Symptoms:**

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Muscle pain
- Sore throat
- Headache
- Chills
- Repeated shaking with chills
- Loss of sense of taste or smell

---

**I was near a person who has COVID-19.**

The number of days I have been sick:

0 1 2 3 4 5 6 7 8 9 10+

---

**I do not feel sick right now.**

No symptoms:

I feel fine.
When communicating with me, please:
• Ask permission first, before touching me.
• Get my attention first.
• Make eye contact when you speak.
• Speak slowly and calmly.
• Take time to make sure I understand.

The best ways to communicate with me:
- Pictures
- Writing
- Gestures
- Assistive technology device

Tips to stay healthy

Wash hands often with soap and water. Use hand sanitizer if soap and water are not available.

Do not touch your nose, mouth or eyes.

Stay at least six feet away from other people.

Stay at home if you can. Avoid large groups and public places.

This document was adapted for Oregon with permission from Wisconsin.gov.
You can get this document free of charge in other languages, large print, braille or a format you prefer.
Contact Mavel Morales at 1-844-882-7889, 711 TTY or OHA.ADAModifications@dhsoha.state.or.us.

OHA 2314A (4/30/2020)