I am Deaf or Hard of Hearing
This card will help you communicate with me.

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.
• Take time to make sure I understand. English may not be my first language.
• Repeat, rephrase or write your request down if necessary.
• Be aware that a hearing aid or cochlear implant does not allow me to understand everything you say.

For the best communication, I may need:
• An Oregon-licensed sign language interpreter for the Deaf or video remote interpreter (VRI) service.
• A communication access realtime translation (CART) for captioning conversations.
• A video phone or computer with internet service, a captioned telephone, or a cell phone for texting.

Tips to stay healthy

- Wash hands often with soap and water. Use hand sanitizer if soap and water are not available.
- Stay at least six feet away from other people.
- Do not touch your nose, mouth or eyes.
- Stay at home if you can. Avoid large groups and public places.

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You can get this document free of charge in other languages, large print, braille or a format you prefer.
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