

Visual Communication Tool



I have a physical disability

I am Deaf or hard of hearing

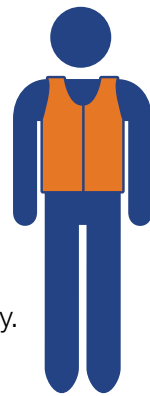
I am blind

I have a cognitive disability

Other

Quick communication tips for emergency responders:

- Ask permission first, before touching the person.
- Get the person's attention first.
- Speak to them at eye level.
- Look at the person when you speak. They may be able to read your lips.
- Speak slowly with a low-pitched and calm voice.
- Use short, familiar words, such as "What do you need?"
- Ask one question at a time. Also give directions one at a time. Check for understanding after each step.
- Give the person time to respond to your question or follow directions.
- Repeat, rephrase or write your message if necessary.
- Ask before moving a person, their wheelchair or their mobility device.



This document was adapted for Oregon with permission from Wisconsin.gov.

Communication methods

The best way to communicate with me:

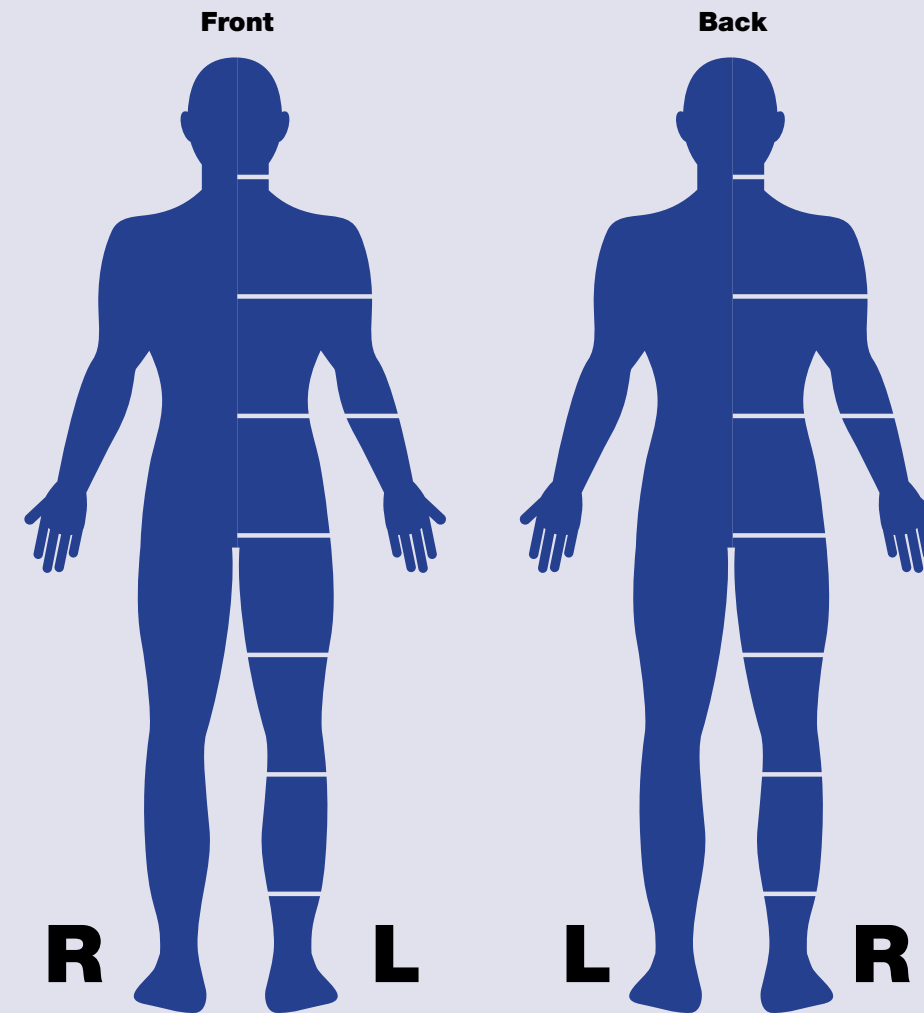
Writing	Cell phone	Communication board	Sign language
I can lip read	Hearing aid or cochlear implant	Text or captioning	Tactile interpreter

A	B	C	D	E	F
G	H	I	J	K	L
M	N	O	P	Q	R
S	T	U	V	W	X
Y	Z				

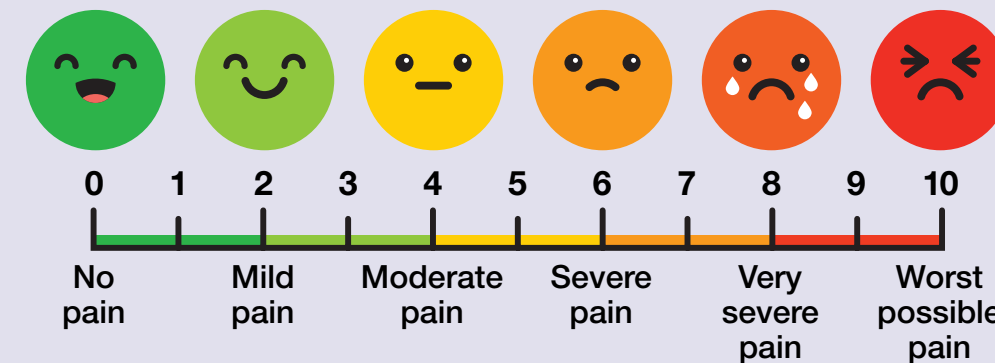
1	2	3	4	5
6	7	8	9	0

Pain

Where is your pain?



Level of pain



Important services

This is the help I need:

Shelter	Hospital	Family	Gas station
ID or money	Caregiver	Service animal	Sign language interpreter
Phone call or text	Emergency services	Police	Fire department
EMT or rescue	Lost and found pets	Relay services	Getting out
Directions or where to go	Community center	Helper	

Transportation

Car	Bus	Train	Motorcycle
Taxi	Boat	Plane	Bicycle

What I need

Water	Food	Bathroom	Clothes
Bed or hospital bed	Personal care	Feminine products	Absorbent products
Baby care needs	Pet care needs	Wi-Fi network	Charger
Power	Batteries	Flashlight	Alerting equipment

Health and medical

Medical staff	Medicine	Keep medicine refrigerated	Insulin or EpiPen®
Oxygen	Wheelchair or walker	Inhaler	Heart attack
Pregnancy	Dentist	Eye doctor	Hearing loss or ear problem

Allergies or sensitivities

Medications 	Latex 	Other
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Support

News or updates	Food	Housing	Forms
Money	Legal help	Therapy	Physical therapy

Places to go and types of emergencies

Evacuate or escape	Home	Power on	No power
Damaged home	Flood damage	Fire or smoke	Evacuate to higher ground



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@dhsosha.state.or.us.

Time

Hours a.m. p.m. Minutes

Sunday Monday Tuesday Wednesday

Thursday Friday Saturday

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Jan. Feb. March April May June
July Aug. Sept. Oct. Nov. Dec.

Morning	Afternoon	Night
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Places

Maine
New Hampshire
Vermont
Massachusetts
Connecticut
Rhode Island
New York
New Jersey
New York
Delaware
Maryland
Washington, D.C.

