



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

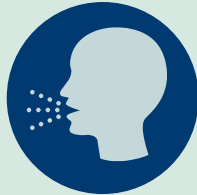
This card will help you communicate with me.

I may have COVID-19.

Symptoms:



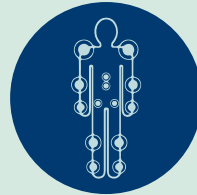
Fever



Cough



**Shortness of breath
or difficulty breathing**



Muscle pain



Sore throat



Headache



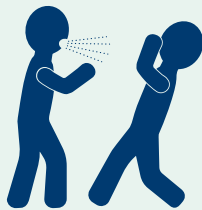
Chills



**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.



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

This card will help you communicate with me.

The best ways to communicate with me:



Pictures



Writing



Gestures



Assistive
technology
device

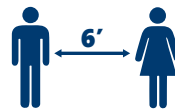
When communicating with me, please:

- 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.

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.

Oregon
Health
Authority

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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.

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