I am **Deaf** or **Hard of Hearing**
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.
- 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. |

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@dhs.ssa.state.or.us. OHA 2314B (4/30/2020)