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

This card will help you communicate with me.

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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

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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+

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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:

<table>
<thead>
<tr>
<th>Pictures</th>
<th>Writing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gestures</td>
<td>Assistive technology device</td>
</tr>
</tbody>
</table>

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.

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### Tips to stay healthy

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

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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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