



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

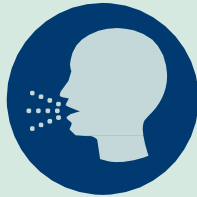
This card will help you communicate with me.

I may have COVID-19.

Symptoms:



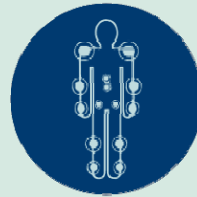
Fever



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.



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This card will help you communicate with me.

## The best ways to communicate with me:



Pictures



Writing



Gestures



Assistive  
technology  
device

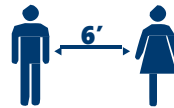
## When communicating with me, please:

- 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.

This document was adapted with permission from Oregon Health Authority, Multnomah County