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:**

![Smiley face]

*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. |

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**Oregon Health Authority**

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