Show Me
A Communication Tool for Emergency Shelters
This tool has been tested with and co-created by public health professionals and the populations it is designed to help, including:

- People who have cognitive disabilities
- People who are deaf or hard of hearing
- People who have limited English proficiency
- Anyone who may struggle to communicate verbally during an emergency

Tips to help you use this tool:

- Speak clearly and slowly.
- Look directly at the person when asking questions or giving instructions.
- Give directions one step at a time. Check for understanding after each step.
- Give the person time to respond to questions or instructions.
- Use hand gestures (movements) to help communicate.

Remember, good communication is key to helping people feel safe and calm during an emergency.
I speak...

Español (Spanish)
Português (Portuguese)
Français (French)
Italiano (Italian)
Deutsch (German)
Polski (Polish)
Русский (Russian)

Ελληνικά (Greek)
Shqip (Albanian)
Kreyòl (Haitian Creole)
Kriolu (Cape Verdean Creole)
I speak...

中文 (Mandarin)
日本語 (Japanese)
한국어 (Korean)
Việt (Vietnamese)
ภาษาไทย (Thai)
ខ្មែរ (Khmer)

नेपाली (Nepali)
हिन्दी (Hindi)
العربية (Arabic)
Arrival
Arrival

- Bedding
- Batteries
- Power
Medical Needs
Medical Needs

Where?

First Aid

Medical Staff

Medicine

Keep Medicine Cold
Medical Needs

- Oxygen
- Inhaler
- Insulin
Help

Bathroom Help

Shower Help

Adult Diaper
Personal Care Items

Personal Care Kit

Clothes

Feminine Products
Baby Needs

- Diaper
- Diaper Changing
- Baby Bottle
Food Allergies

No

Allergic to Eggs
Allergic to Peanuts
Allergic to Shellfish
**Food Allergies**

No

- Allergic to Dairy
- Allergic to Wheat
- Vegetarian
People and Places
People

- Family
- Police
- Medical Staff
My Home

- No Power
- Damaged House
- Water Damage
- Power On
Places to Go

- Home
- Get Out
- Car
- Bus
Feelings and Support
Feelings

- Happy
- Okay
- Sad
- Nervous
- Angry
Support

Money

Therapy

Legal Help

Housing

Food Stamps

EBT
Religious Support

Christian

Jewish

Muslim
## Time

**Month:**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
This project was developed by the Emergency Preparedness Bureau at the Massachusetts Department of Public Health, with funding from the Assistant Secretary for Preparedness and Response (ASPR) Hospital Preparedness Program and Centers for Disease Control and Prevention (CDC) Public Health Emergency Preparedness Program.