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.
The best ways to communicate with me:

- Interpreter
- Text
- Writing
- Lip reading
- Gestures
- Assistive listening device

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.

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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.sqa.state.or.us.
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