

# I am Deaf or Hard of Hearing

This card will help you communicate with me.

## I may have COVID-19.

### **Symptoms:**











Cough

**Shortness of breath** or difficulty breathing

Muscle pain

Sore throat







**Chills** 



Repeated shaking with chills



Loss of sense of taste or smell



I was near a person who has COVID-1
The number of days I have been sick: I was near a person who has COVID-19.

012345678910+

## I do not feel sick right now.

### No symptoms:





## I am Deaf or Hard of Hearing

This card will help you communicate with me.

### The best ways to communicate with me:







Interpreter

Writing







**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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OHA 2314B (4/30/2020)