

Advocating for My Health During COVID -19

Telling my family or caregiver that I do not feel well is important.

HERE ARE SOME THINGS I CAN DO TO HELP ME KEEP TRACK OF HOW I FEEL AND WHAT TO SAY!

1. Use language or words that makes sense to me or ask a trusted family member, friend, or caretaker to help me explain.
2. Draw a picture or use a picture to show what/where something hurts.
3. Describe a time when I felt the same way.
4. Explain my sensory differences and communication needs.
5. Program the list of questions or words describing how I feel into my communication device ahead of time.
6. Use a check list like the one below or make a list of questions I want to ask before talking to them.



For more information on how to advocate for myself:
[Feeling Comfortable and Understood by My Medical Community](#)