

## COVID-19 Symptoms - Help for Nonverbal Individuals

With the rapid spread of COVID-19 or coronavirus, it is important for all staff to pay special attention to warning signs in the individuals that you care for. This presents an extra challenge in individuals who are nonverbal.

**Here are some signs of shortness of breath you may look for in case someone is not able to communicate or is nonspeaking:**

- Lethargy or unusual tiredness
- Panting or loud breathing
- Sucking in (retraction) at base of throat while inhaling
- Sucking in (retraction) at the ribs, also during inhale
- Belly breathing - seeing the stomach extended more than usual on inhale
- Stomach muscles tensing while trying to push air out
- Longer time to exhale than inhale
- Tripod stance (leaning over with hands on knees)
- Bluish nail beds or lips
- Change of mental status/confusion

**If you or an individual develop emergency warning signs for COVID-19, seek medical attention immediately. Emergency warning signs include:**

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

**For more information on coronavirus, visit [yourpathways.org/COVID](https://yourpathways.org/COVID) or [cdc.gov/COVID19](https://cdc.gov/COVID19).**

