



Coronavirus Signs & Symptoms Help for Nonverbal Individuals

If you develop **emergency warning signs** for Coronavirus, get **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

With thanks for help from Dr. Elizabeth Spaar, we put together these 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