

Symptom Awareness & Action Plan

If you have:

- no shortness of breath
- a usual amount of ankle swelling
- no weight gain
- no chest pain
- no change in your usual activity level

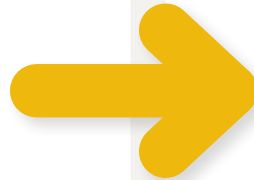


Your symptoms are under control:

- continue taking your medications as ordered
- continue to weigh yourself every day
- follow a low-salt diet
- keep all physician appointments

If you have any of the following:

- weight gain of 5 pounds over 5 days
- increased cough
- increased swelling
- increased shortness of breath with activity
- increased number of pillows needed to sleep



You may need an adjustment of your medications.

Call your health care contact for instructions:

NAME _____

NUMBER _____

If you have any of the following:

- shortness of breath at rest
- wheezing or chest tightness at rest
- need to sit in a chair to sleep
- weight change of more than 5 pounds over or under normal weight
- dizziness, extreme fatigue, or falling



You need to see a doctor now.

Call your doctor today:

NAME _____

NUMBER _____

If you have any of the following:

- unrelieved shortness of breath
- unrelieved chest pain
- confusion or fainting



**CALL 9-1-1
IMMEDIATELY.**

