# Heart Failure

## 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:**

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### 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:**

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### If you have any of the following:
- unrelieved shortness of breath
- unrelieved chest pain
- confusion or fainting

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