


Heart Failure Symptom Awareness and Action Plan



<p style="writing-mode: vertical-rl; transform: rotate(180deg);">All Clear</p>	<p>If you have:</p> <ul style="list-style-type: none"> • No shortness of breath • A usual amount of ankle swelling • No weight gain • No chest pain • No change in your usual activity level 		<p>Your symptoms are under control.</p> <ul style="list-style-type: none"> • Continue taking your medications as ordered • Continue to weigh yourself every day • Follow a low-salt diet • Keep all physician appointments
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Caution</p>	<p>If you have any of the following:</p> <ul style="list-style-type: none"> • Weight gain of 2 or more pounds • Increased cough • Increased swelling • Increased shortness of breath with activity • Increased number of pillows needed to sleep 		<p>You may need an adjustment of your medications.</p> <p>Call your health care contact for instructions:</p> <p>Name _____</p> <p>Number _____</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Medical Alert</p>	<p>If you have any of the following:</p> <ul style="list-style-type: none"> • Shortness of breath at rest • Wheezing or chest tightness at rest • Unable to sleep lying flat in bed • Waking up from sleep unable to breathe • Weight change of more than 5 pounds over or under normal weight • Dizziness, extreme fatigue, or falling 		<p>You need to see a doctor now.</p> <p>Call your doctor today:</p> <p>Name _____</p> <p>Number _____</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Emergency</p>	<p>If you have:</p> <ul style="list-style-type: none"> • Unrelieved shortness of breath • Unrelieved chest pain • Confusion or fainting 		<div style="display: flex; align-items: center;">  <div> <p>Call 9-1-1 immediately</p> </div> </div>