Excellent – Keep Up the Good Work!

☐ No new or worsening shortness of breath
☐ Physical activity level is normal for you
☐ No new swelling, feet and legs look normal for you
☐ Weight check stable
☐ No sign of chest pain

GREAT! CONTINUE:
- Daily Weight Check
- Meds as Directed
- Low Sodium Eating
- Follow-up Visits

Pay Attention – Use Caution!

☐ Dry, hacking cough
☐ Worsening shortness of breath with activity
☐ Increased swelling of legs, feet, and ankles
☐ Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5 lbs in a week)
☐ Discomfort or swelling in the abdomen
☐ Trouble Sleeping

CHECK IN!
Your symptoms may indicate:
- A need to contact your doctor or provider
- A need for a change in medications

Medical Alert – Warning!

☐ Frequent dry, hacking cough
☐ Shortness of breath at rest
☐ Increased discomfort or swelling in the lower body
☐ Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5 lbs in a week)
☐ New or worsening dizziness, confusion, sadness or depression
☐ Loss of appetite
☐ Increased trouble sleeping; cannot lie flat

WARNING! You need to be evaluated right away.

Call your physician or call 911

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