

Every Day:

- Weigh yourself in the morning before breakfast and write it down
- Eat low-salt/low-sodium foods
- Balance activity and rest periods
- Check for swelling in your feet, ankles, legs and stomach
- Take your medicine the way you should take it

All Clear Zone: This is the safety zone if you have

- No shortness of breath
- No swelling of your feet, ankles, legs or stomach
- No weight gain more than 2 pounds (it may change 1 or 2 pounds some days)
- No chest pain

Warning Zone: Call your doctor if you have

- Weight gain of 3 pounds in 1 day or a weight gain of 5 pounds or more in 1 week
- More swelling of your feet, ankles, legs or stomach
- Difficulty breathing when lying down
Feeling the need to sleep up in a chair
- Feeling uneasy; you know something is not right
- No energy or feeling more tired
- More shortness of breath
- Dry hacking cough
- Dizziness

Medical Alert Zone: Go to the Emergency Room or call 911 if you have

- A hard time breathing
- Chest pain
- Unrelieved shortness of breath while sitting still
- Confusion or can't think clearly