



## Excellent – Keep Up the Good Work!



No new or worsening shortness of breath



Physical activity level is normal for you



No new swelling; feet, ankles and legs look normal for you



Weight check stable  
Weight: \_\_\_\_



No 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, ankles and feet



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 health care team



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**