First and foremost, we need your permission to use your personal information. Please sign the consent form below.

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

Warning Zone............................................ *Call your doctor if you have:*
- Weight gain of three pounds in one day or a weight gain of five pounds or more in one week
- More swelling of your feet, ankles, legs, or stomach
- Difficulty breathing when lying down. Feeling the need to sleep up in a chair.
- An uneasy feeling; 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
- Unrelieved shortness of breath while sitting still
- Chest pain
- Confusion or can’t think clearly

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