

Heart Failure Symptom Awareness and Action Plan

Symptom	Action
<p style="margin: 0;">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 	<div style="display: flex; align-items: center;"> <div> <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 </div> </div>
<p style="margin: 0;">If you have any of the following:</p> <ul style="list-style-type: none"> • Weight gain of 2 or more pounds in a day • Increased cough • Increased swelling • Increased shortness of breath with activity • Increased number of pillows needed to sleep 	<div style="display: flex; align-items: center;"> <div> <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> </div> </div>
<p style="margin: 0;">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 • Need to sit in chair to sleep • Weight change of more than 3 pounds over or under normal weight in a week • Dizziness, extreme fatigue, or falling 	<div style="display: flex; align-items: center;"> <div> <p>You need to see a doctor now.</p> <p>Call your doctor now:</p> <p>Name _____</p> <p>Number _____</p> </div> </div>
<p style="margin: 0;">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 style="display: flex; align-items: center;"> <div> <p>Call 9-1-1 immediately</p> </div> </div> </div>

If you have:

- No shortness of breath
- A usual amount of ankle swelling
- No weight gain
- No chest pain
- No change in your usual activity level



Your symptoms are under control.

- Continue taking your medications as ordered
- Continue to weigh yourself every day
- Follow a low-salt diet
- Keep all physician appointments

If you have any of the following:

- Weight gain of 2 or more pounds in a day
- Increased cough
- Increased swelling
- Increased shortness of breath with activity
- Increased number of pillows needed to sleep



You may need an adjustment of your medications.

Call your health care contact for instructions:

Name _____

Number _____

If you have any of the following:

- Shortness of breath at rest
- Wheezing or chest tightness at rest
- Need to sit in chair to sleep
- Weight change of more than 3 pounds over or under normal weight in a week
- Dizziness, extreme fatigue, or falling



You need to see a doctor now.

Call your doctor now:

Name _____

Number _____

If you have:

- Unrelieved shortness of breath
- Unrelieved chest pain
- Confusion or fainting



Call 9-1-1 immediately