

**Whidbey General Hospital
Stoptlight Tool**

- No chest pain, tightness, or pressure.
- No shortness of breath.
- No swelling.
- No weight gain.
- No decrease in your ability to maintain your activity level.

- Increased weight (2-3 pounds in one day, or 5 pounds in a week).
- Increased cough (either moist or dry).
- Increased swelling of hands, feet/ankles, or abdomen.
- Increased shortness of breath with activity.
- Chest pain or tightness which is relieved within 5 minutes with rest or medication.
- Increase in the number of pillows you need to sleep, or need to sit in a chair to sleep.

- Unrelieved shortness of breath, or shortness of breath at rest.
- Unrelieved chest pain, tightness, pressure, heaviness.
- Confusion or change in mental status.

ALL CLEAR

- Continue taking medications as ordered.
- Follow low salt diet.
- Keep all physician appointments.

CAUTION:

- Call your physician at your first opportunity.
- Your symptoms indicate that a medication adjustment may be needed.

! ALERT !

Seek immediate medical attention.

CALL 911