



## Every Day:

- ✓ Taking medicine the way they are ordered
- ✓ Any swelling in feet, ankles or legs
- ✓ Eating low-salt/low-sodium foods
- ✓ Balancing activity and rest
- ✓ Avoiding smoking and secondhand smoke

## 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:*

- Sputum (phlegm) that increases in amount or color or becomes thicker than usual
- Increased cough or wheezing
- Increased swelling of ankles or feet
- Increased shortness of breath with activity
- Weight loss or gain of three pounds
- Fever of 100.5 F oral temperature
- Increased number of pillows needed to sleep or need to sleep in chair
- Anything else unusual that you assess or the resident mentions
- Symptoms may indicate that an adjustment in medication or oxygen therapy is needed

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

- Unrelieved shortness of breath
- Unrelieved chest pain
- Increased or irregular heart beat
- Change in color of your skin, nail beds or lips to gray or blue