Do these EVERY DAY:

- Weigh yourself before breakfast
- Take ALL medications as prescribed
- Check for swelling in your feet, ankles, legs, and stomach
- Limit sodium in your diet as prescribed by your healthcare provider (read food labels for sodium content)

ALL CLEAR—This zone is your goal

You do not have symptoms or they are mild

- No new or worsening:
  - Shortness of breath
  - Fatigue/tiredness

CAUTION—This zone is a warning zone

Call your Nascentia nurse first at 315-477-4663 with these symptoms

- Weight gain of 2 pounds overnight or 5 pounds in a week or whatever amount you are told to report
- Have new or worsening:
  - Shortness of breath when active or at night when lying down
  - Persistent dry cough
- Are you feeling blue? (Feel uneasy, anxious, fearful, and know something is not right)

EMERGENCY

Go to the emergency room (do not drive yourself) or call 911

- Struggle to breathe or are short of breath while sitting still
- Have chest pain that is new or gets worse
- Unable to focus, drowsy, or cannot think clearly (Caregiver observes increased confusion)

Nurse: ____________________________
Phone: (____)____________________

PCP: ______________________________
Phone: (____)____________________

Heart Doctor: _____________________
Phone: (____)____________________