Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5 lbs in a week)

Discomfort or swelling in the abdomen

Trouble Sleeping

Shortness of breath

Increased discomfort or swelling in the lower body

New or worsening dizziness, confusion, sadness or depression

Loss of appetite

Increased trouble sleeping; cannot lie flat

CHECK IN!

Your symptoms may indicate:

A need to contact your doctor or provider

A need for a change in medications

Medical Alert – Warning!

Frequent dry, hacking cough

Shortness of breath at rest

Increased discomfort or swelling in the lower body

Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5 lbs in a week)

Pay Attention – Use Caution!

Dry, hacking cough

Worsening shortness of breath with activity

Increased swelling of legs, feet, and ankles

Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5 lbs in a week)

Discomfort or swelling in the abdomen

Trouble Sleeping

GREAT! CONTINUE:

Daily Weight Check

Meds as Directed

Low Sodium Eating

Follow-up Visits

Self-Check Plan for HF Management

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