




EVERYDAY:	<ul style="list-style-type: none"> ⇒ Weigh yourself in the morning ⇒ Eat low salt food ⇒ Take your medications ⇒ Balance activity with rest periods
Green Flags – All Clear 	What this means:
<p>If you have:</p> <ul style="list-style-type: none"> • No shortness of breath • No chest pain or chest tightness • No weakness • BP less than 140-90 (or lower if you have Diabetes, Kidney Disease, or Heart Failure) • HbA1c <7% if you are a Diabetic • LDL <100 mg/dl • Ability to do usual activities 	<ul style="list-style-type: none"> • You symptoms are under control • Continue to take your medications as ordered • Follow healthy eating habits • Keep all physician appointments
Keep up the great work!	
Yellow Flags – Caution 	What this means:
<p>If you have <u>any</u> of the following:</p> <ul style="list-style-type: none"> • Shortness of breath • Swelling of your feet, ankles, legs or stomach • Fatigue or lack of energy • Dizziness • An uneasy feeling—you know something is not right • Difficulty breathing when lying down or you sleep sitting up with extra pillows • Chest pain or heaviness 	<ul style="list-style-type: none"> • Your symptoms may indicate that you need an adjustment of your medications • Call your doctor or nurse <div style="background-color: #cccccc; padding: 10px; margin-top: 10px;"> <p>Call your doctor, nurse, or home health nurse if symptoms do not improve.</p> <p>Name:</p> <p>Number:</p> <p>Instructions:</p> </div>
If you notice a Yellow Flag, work closely with your health care team.	
Red Flags—Stop and Think 	What this means:
<p>If you have:</p> <ul style="list-style-type: none"> • Struggling to breathe or have unrelieved shortness of breath while sitting still • Have chest pain not relieved or reoccurs after taking 3 nitro tablets • Have confusion or can't think clearly 	<p>This indicates you need to be seen by a physician right away. In an emergency, call 9-1-1</p> <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p>Physician:</p> <p>Number:</p> <p>Instructions:</p> <p>In an emergency situation: Call 911</p> </div>
If you notice a Red Flag, call your physician immediately.	

Area Agency on Aging and Disabilities of Southwest Washington

At the Area Agency on Aging & Disabilities, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

Clark County: 360-694-8144—iaclark@dshs.wa.gov

Cowlitz and Wahkiakum Counties: 360-577-4929—iakelso@dshs.wa.gov

Klickitat County: Goldendale: 509-773-3757 White Salmon: 509-493-3068—
kcinfo@klickitatcounty.org

Skamania County: 509-427-3990—seniorsia@co.skamania.wa.gov

www.helpingelders.org