




<p>General Health Guidelines Everyday:</p>	<ul style="list-style-type: none"> • Weigh yourself in the morning • Take your medications • Eat low salt food • Balance activity with rest periods
<p>Green Flags – All Clear </p>	
<p>If you have:</p> <ul style="list-style-type: none"> • No shortness of breath • Weight gain less than 2 pounds (although a 1-2 pound gain may occur some days) • No swelling of your feet, ankles, legs, or stomach • No chest pain • Ability to do usual activities 	<p>What this means:</p> <ul style="list-style-type: none"> • Your symptoms are under control • Continue to take your medications as ordered. • Follow health eating habits • Keep all physician appointments
<p>Keep up the great work!</p>	
<p>Yellow Flags – Caution </p>	
<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 • Dry hacking cough • 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 	<p>What this means:</p> <ul style="list-style-type: none"> • Your symptoms indicate that you need an adjustment of your medications <div style="background-color: #D3D3D3; 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>
<p>If you notice a Yellow Flag, work closely with your health care team.</p>	
<p>Red Flags—Stop and Think </p>	
<p>If you:</p> <ul style="list-style-type: none"> • Are 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>What this means:</p> <ul style="list-style-type: none"> • This indicates you need to be seen by a physician right away. <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p>Follow these instructions: CALL 9-1-1</p> <p>If possible, notify your healthcare provider's office</p> <p>Physician:</p> <p>Number:</p> </div>
<p>If you notice a Red Flag, call your physician immediately.</p>	
<p>American College of Cardiology American Heart Association Family Doctor.org</p>	



Congestive Heart Failure (CHF)

Self-Management Plan

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