

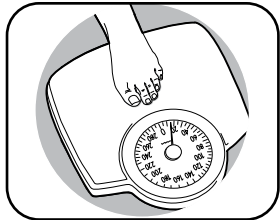
# Kev Npaj Ua Li Cas Thaum lub Plawv Khiav Tsis Zoo

Hnub No Koj  
Theem yog:

## Ua Raws Li Koj daim Ntawv Xyuas Txhua Hnub:

- Ntsuas koj tus kheej thaum sawv ntxov ua ntej noj tshais. Sau tseg tias koj hnyav npaum li cas. Piv qhov hnyav rau nag hmo seb txawv li cas.
- Noj koj cov tshuaj raws li kws kho mob hais.
- Xyuas seb koj txhais ko taw, dab taws, txhais ceg thiab lub plab puas o tuaj.
- Noj tej yam zaub mov uas tsis tshua muaj ntsev. Txhob noj ntsev ntau tshaj 1,500 mus txog 2,000 mg.
- Txawj ua tej yam txhua zaus thaum tseem ua taus pa.
- Muaj zog txaus ua tej yam tas ib hnub.

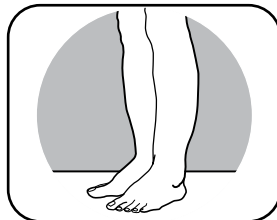
## Hu Koj tus Kws Kho Mob Teem Caij Mus Ntsib Nws Yog Tias:



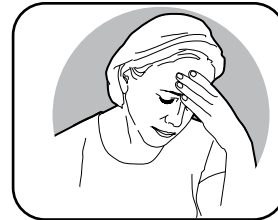
- nce li 3 phaus hauv 1 hnub los sis 5 phaus hauv 1 lub lim piam



- txog siav tshaj qhov qub



- txhais ko taw, dab taw, txhais ceg los sis lub plab o tuaj tshaj qhov qub



- nkeeg tshaj qhov qub los sis tsis muaj zog txaus ua tej yam yus ua txhua hnub

- nyuaj ua pa thaum yus pw (Koj yuav tsum pib zaum hauv rooj zaum tsaug zog.)
- yog koj noj tsis tau koj cov tshuaj raws li kws kho mob hais

### Hu Leej Twg

Lub Npe:

Zauv Xov Tooj:

## Hu 911 los sis Mus rau lub Tsev Kho Mob Chav Kho Mob Kam Ceev Yog tias Koj:

- muaj teeb meem ua pa
- mob hauv siab
- tsis to taub los sis feeb tsis meej

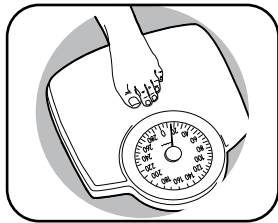
# Heart Failure Action Plan

Your Zone Today is:

## Do Your Checklist Every Day:

- Weigh yourself in the morning before breakfast. Write down your weight. Compare it to yesterday's weight.
- Check for swelling in your feet, ankles, legs and stomach.
- Be able to do your regular activities without being short of breath.
- Take your medicine as directed.
- Eat foods low in sodium (salt). Limit salt to 1,500 to 2,000 mg.
- Have enough energy to get through the day.

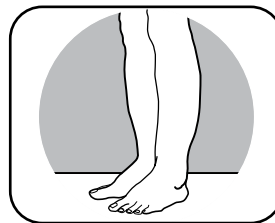
## Call Your Health Care Provider if You Have Any of the Following:



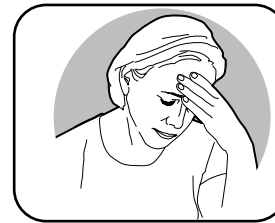
- gain 3 pounds in 1 day or 5 pounds in 1 week



- more short of breath than usual



- more swelling of your feet, ankles, legs or stomach than usual



- feeling more tired than usual or being unable to do your everyday activities

- breathing becomes harder when you lie down (You need to start sleeping in a chair.)
- if you are unable to take your medicine as directed

### Whom to Call

Name:

Number:

## Call 911 or Go to a Hospital Emergency Department if You Are:

- struggling to breathe
- having chest pain
- confused or unable to think clearly