















Tswj Kav Qhov uas Koj lub Plawv Khiav Tsis Zoo — Lus Hauv Paus Xwb Yog muaj Xwm Txheej, Hu 911

Txhua Hnub Ntsuas Seb Hnyav Npaum Li Ca	Tswj Seb Koj Noj Ntsev Ntau Npaum Li Cas	Cov Tshuaj	Kev Ua Ub Ua No/Ua Zog Ua Es Xaws Xais	Yuav Tsum hu Koj Tus Kws Kho Mob Thaum Twg
<div style="text-align: center;"></div> <ul style="list-style-type: none"> ■ Txhua tag kis sawv ntxov tom qab koj tso zis thiab ua ntej koj noj los sis haus ib yam dab tsi cia li ntsuas seb koj hnyav npaum li cas. ■ Siv tib lub ntsuas. ■ Ntsuas koj tus kheej seb koj hnav npaum li cas thaum tsis hnav khaub ncaws. ■ Sau ib daim ntawv qhia seb koj hnyav npaum li cas. ■ Hu koj tus kws kho mob sai li sai tau yog tias koj nce tshaj 3 phaus hauv ib hnub los sis 5 phaus hauv ib lub lim piam. <div style="text-align: center;"> Allina Health</div>	<div style="text-align: center;"></div> <ul style="list-style-type: none"> ■ Txhob siv cov ntsev thaum noj mov los yog thaum ua mov. ■ Txhob noj ntsev ntau tshaj 1,500 mus txog 2,000 mg txhua hnub. ■ Nyeem txhua daim ntawv uas muab los rau zaub movseb muaj pes tsawg tus milligrams (mg) ntsev. ■ Tsis txhob noj tej yam zaub mov uas muaj ntsev ntau, zoo li cov khoom hauv kos poom, tej yam nqaij uas lawv ua (hot dog, hnyuv, nqaij npua), dib qaub, txiv ntseej, tej yam khoom uas lawv twb ua tau rau yus noj los sis khoom txom ncauj, lwm yam zaub mov uas yooj yim ua noj tom lab. ■ Nug koj tus kws kho mob seb koj puas toob kas siv cov khoom pauv ntsev chaw. 	<div style="text-align: center;"></div> <ul style="list-style-type: none"> ■ Txhua hnub yuav tsum noj koj cov tshuaj raws li kws kho mob hais. ■ Nqa ib daim ntawv qhia txog koj cov tshuaj nrog nraim koj mus txhua qhov chaw. ■ Tsis txhob noj cov tshuaj uas yus yuav tom kiab khw, tshuaj ntxiv roj ntshav, thiab tshuaj hmoob los sis lwm yam tsuas yog koj tus kws kho mob tau tso lus rau koj noj. ■ Hu koj lub tsev tshuaj li ib lim piam ua ntej koj cov tshuaj yuav tag. 	<div style="text-align: center;"></div> <ul style="list-style-type: none"> ■ Cia li txav tes taw! Txhua hnub cia li ua zog ua es xaws xais zoo li taug kev, caij lub luv thij los sis ua luam dej. ■ Ua tib zoo xav. Tsis txhob ua zog ua es xaws xais thaum tshav kub, no heev los sis cua hlob. ■ Yog tias koj pib txog siav los sis hnov mob, nres thiab so twj ywm. Yog tias koj so ib pliag thiab tseem hnov mob, hu koj tus kws kho mob sai li sai tau. ■ Tsis txhob haus luam yeeb. Yeej muaj chaw pab koj txiav. Cia li nrog koj tus kws kho mob tham. <div style="text-align: center;"></div>	<div style="text-align: center;"></div> <ul style="list-style-type: none"> ■ nce li 3 phaus hauv 1 hnub los sis 5 phaus hauv 1 lub lim piam ■ koj xog siav tshaj qhov qub ■ koj txhais ko taw, dab taw, txhais ceg los sis lub plab o tuaj tshaj qhov qub ■ koj nkeeg tshaj qhovqub los sis tsis muaj zog txaus ua tej yam yus ua txhua hnub ■ nyuaj ua pa thaum pw ■ koj noj tsis taus cov tshuaj <div style="border: 1px solid red; padding: 5px;"> <p>Hu 911 yog tias koj:</p> <ul style="list-style-type: none"> ■ muaj teeb meem ua pa ■ mob hauv siab ■ tsis paub xav los sis feeb tsis meej </div>

Managing Your Heart Failure — At a Glance

For an Emergency, Call 911

Daily Weight	Limit the Sodium (Salt) You Eat	Medicines	Activity/Exercise	Call Your Health Care Provider if:
 <ul style="list-style-type: none"> ■ Weigh yourself every morning after you urinate and before you eat or drink anything. ■ Use the same scale. ■ Weigh yourself without clothes. ■ Keep a log of your weights. ■ Call your health care provider right away if you have a weight gain of 3 pounds in 1 day or 5 pounds in 1 week.  <p><small>© 2015 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM. OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS. THIS BOOKLET DOES NOT REPLACE MEDICAL OR PROFESSIONAL ADVICE. IT IS ONLY A GUIDE. cvs-hmong-ah-43780 (4/15)</small></p>	 <ul style="list-style-type: none"> ■ Do not use sodium (salt) at the table or for cooking. ■ Limit sodium to 1,500 to 2,000 mg each day. ■ Read food labels to find out the milligrams of sodium in one serving. Low sodium means 140 mg or less per serving. ■ Avoid foods that are high in salt, such as canned items, processed meats (hot dogs, sausage, ham), pickles, olives, prepackaged or convenience foods, fast foods. ■ Ask your health care provider about using salt substitutes. 	 <ul style="list-style-type: none"> ■ Take your medicines as prescribed each day. ■ Carry a current list of your medicines with you at all times. ■ Avoid over-the-counter medicines, supplements, and herbal or natural products unless they are recommended by your health care provider. ■ Call your pharmacy at least 1 week in advance to refill prescriptions. 	 <ul style="list-style-type: none"> ■ Stay active! Try to exercise every day by walking, biking or swimming. ■ Use common sense. Do not exercise outside in hot, cold or windy weather. ■ If you become short of breath or develop discomfort, stop and rest. If your symptoms don't go away with rest, call your health care provider right away. ■ Do not use tobacco. Resources are available for help with quitting. Ask your health care provider. 	 <ul style="list-style-type: none"> ■ you gain 3 pounds in 1 day or 5 pounds in 1 week ■ you are more short of breath than usual ■ you have more swelling of your feet, ankles, legs or stomach than usual ■ you feel more tired than usual or unable to do daily activities ■ breathing is harder when lying down ■ are unable to take medicines <div style="border: 2px solid red; padding: 5px; margin-top: 10px;"> <p>Call 911 if you:</p> <ul style="list-style-type: none"> ■ struggle to breathe ■ have chest pain ■ are confused or can't think clearly </div>