













Maamulista Hawlgabka Wadnahaaga — Oo Kooban

Wixii degdeg ah, u wac 911

Qaadiista Miisaan Maalmeedka	Xadee Soodhiyamka (Milixda) Aad Cuntid	Dawooyinka	Firfircooni/Jimicsi	Marka Aad Wacdid Dhakhtarkaaga ama Daryeel Bixiyahaaga
 <ul style="list-style-type: none"> ■ Is miisaan subax kasta ka dib marka aad kaadidid iyo ka hor inta aanad wax cunin ama cabin. ■ Isticmaal qalab miisaan oo isku mid ah. ■ Is miisaan dhar la'aan. ■ Diiwaan ku qor miisaanadaada. ■ Wac dhakhtarkaaga haddii aad isku aragtid korodh miisaan oo ah 3 rodol gudaha hal maalin ama 5 rodol gudaha hal todobaad.  <p>Allina Health</p>	 <ul style="list-style-type: none"> ■ Miiska cuntada ama karinta cuntada ha ku isticmaalin soodhiyam (milix/cusbo). ■ Soodhiyamka ku xadee illaa 1,500 illaa 2,000 mg maalin kasta. ■ Akhri qoraalada ku yaala cuntada si aad u ogaatid inti miligaraam (mg) ee ah soodhiyam ee ku jirta qayb qaadasho. ■ Iska ilaali cuntooyinka ay ku sareyso milixdu, sida alaabta qasacadeysan, hilibka laga shaqeeyay (hiblibka galeysan (hot dog, sausage), hilibka doofaarka), khudaarta iyo cagaarta milix lagu kaydiyay (pickles), saytuunka lafta leh (olives), cuntooyinka la sii diyaariyay, cuntooyinka degdegga ah (fast food). ■ Weydii dhakhtarkaaga ama daryeel bixiyahaaga warka waxyaabaha lagu beddeli karo milixda. 	 <ul style="list-style-type: none"> ■ Dawooyinkaaga u qaado sida lagu sheegay maalin kasta. ■ Wakhti kasta waa inaad sidatid liiska dawooyinka aad imminka qaadatid. ■ Iska ilaali dawooyinka la iibsano karo warqad dhakhtar la'aan, dawooyinka ama alaabta caafimaad korodhsiga loo qaato (supplements), dhirta ama alaabta dabiiciga ah iyada oo dhakhtarkaagu ku taliyo mooyaane. ■ Wac farmasigaaga ugu yaraan todobaad ka hor si laguugu cusbooneysiyo dawooyinkaaga dhakhtarku qoray. 	 <ul style="list-style-type: none"> ■ Ahow qof firfircoon! Isku day inaad jimicsi sameysid maalin kasta adiga oo soconaya, kaxeynaya baasgeel ama dabaalanaya. ■ Samee taxadir caqli-gal ah. Jimicsi ha ku sameyn dibadda marka ay jirto cimilo leh kulayl, qabow ama dabayl. ■ Haddii neefsashadu ku dhibto ama aad xanuun dareentid, joogso oo naso. Haddii calaamadaha aad isku aragtay tagi waayaan marka aad nasatid, isla markiiba wac dhakhtarkaaga ama daryeel bixiyahaaga. ■ Ha isticmaalin tubaako ama sigaar. Waxa jira adeegyo la heli karo oo kaa gargaari kara inaad joojisid. Weydii dhakhtarkaaga ama daryeel bixiyahaaga. 	 <ul style="list-style-type: none"> ■ uu kugu kordho 3 rodol gudaha 1 maalin ama 5 rodol gudaha 1 todobaad ■ neefsashada ayaa kuu dhibaysa si ka badan intii caadiga ahayd ■ waxa jira barar ah cagaha, canqowga ama kuraanta, lugaha ama caloosha oo ka badan intii caadiga ahayd ■ adiga oo dareema daal ka badan intii caadiga ahayd ama adiga oo aan awoodin inaad qabatid hawlahaagii maalin kasta ■ neefsashada ayaa dhib sii noqota marka aad jiiifsanaysid ■ ma awoodid inaad qaadatid dawooyinkaaga <div style="border: 1px solid red; padding: 5px;"> <p>Wac 911 haddii:</p> <ul style="list-style-type: none"> ■ aad la xarbiyaysid neefsashada ■ aad qabtid xanuun ah laabta ■ aad dawakhsan tahay ama aanad si cad u fikiri karin </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-somali-43782 (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>