

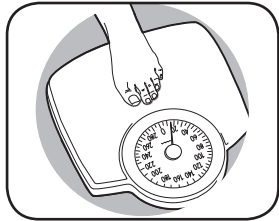
# Qorshaha Waxqabadka Hawlgab Wadne

Maanta Aaggaagu waa:

## Maalin Kasta Raac Liiskaaga Hubinta:

- Is miisaan subixii ka hor quraacda. ama kuraanta, lugaha iyo caloosha.
- Qor miisaankaaga. Barbardhig miisaankaagii shalay.
- Cun cuntooyin ay ku yar tahay soodhiyam (milix). Milixda ku xadee 1,500 illaa 2,000 mg.
- Dawadaada u qaado sida lagu sheegay.
- Barar ka fiiri cagahaaga, canqowga
- Waa inaad awoodid inaad qabatid
- hawlahaaga joogtada ah iyada oo aan neefsashadu ku dhibin.
- Waa inaad leedahay tamar kugu filan maalintii oo dhan.

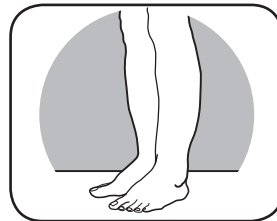
## Wac Dhakhtarkaaga ama Bixiyahaaga Daryeel Caafimaad Haddii Aad Qabtid Mid ka Mid ah Kuwan Soo Socda:



- 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 jiifsatid (Waxa aad u baahan tahay inaad bilowdid inaad ku seexatid kursi.)
- haddii aanad awoodin inaad dawooyinkaaga u qaadatid sidii lagu sheegay

### Cidda la Waco

Magac:

Lambar:

## Wac 911 ama Tag Qaybta Degdegga ee Cisbitaal Haddii:

- aad la xarbiyaysid neefsashada
- aad qabtid xanuun ah laabta
- aad wareersan tahay ama aanad awoodin inaad u fikirtid si cad

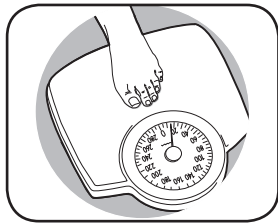
# Heart Failure Action Plan

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.

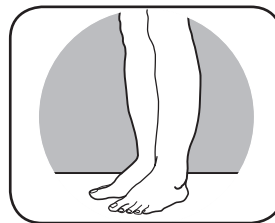
## Call Your Health Care Provider if You Have Any of the Following:



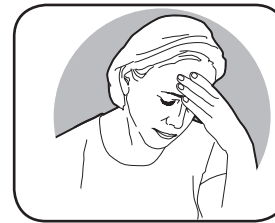
- gain 3 pounds in 1 day or 5 pounds in 1 week



- 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