

# Farmingdale Family Practice Associates

## STOP AND CALL FOR HEART FAILURE

Action plan for \_\_\_\_\_

### CALL 911 Right AWAY when:

- CALL 911 for severe shortness of breath that does not go away
- CALL 911 if you have chest pain that does not go away
- Call your doctor if you need to sit up to sleep
- Call your doctor if you have weight gain of more than 5 pounds in 24 hours
- Call your doctor if you have a change in mental status

### Call your doctor when:

- You have a weight gain of 2.0 or more pounds over night
- You are coughing more then usual
- You have increased swelling
- You have increased shortness of breath with activity
- You are sleeping with more pillows than usual

### You are doing WELL when:

- You have no shortness of breath
- You have no swelling of the hands, feet, face, or abdomen
- You have no weight gain
- You have no chest pain
- You can do all of your normal activities

Phone number (732)938-6471

Date \_\_\_\_\_