

**✓ Excellent – Keep Up the Good Work!**

- No new or worsening shortness of breath
- Physical activity level is normal for you
- No new swelling, feet, ankles and legs look normal for you
- Weight check stable  
Weight:
- No chest pain

**GREAT! CONTINUE:**

- Daily Weight Check
- Meds as Directed
- Low-Sodium Eating
- Follow-up Visits

**🚩 Pay Attention – Use Caution!**

- Dry, hacking cough
- Worsening shortness of breath with activity
- Increased swelling of legs, ankles and feet
- Sudden weight gain of more than 2-3 lbs in a 24-hour period (or 5 lbs in a week)
- Discomfort or swelling in the abdomen
- Trouble sleeping

**CHECK IN!** Your symptoms may indicate:

- A need to contact your doctor or health care team
- A need for a change in medications

For Non urgent medical advice in Ontario, you can call 811 24 hours a day.

**⚠ Medical Alert - Warning!**

- Frequent dry, hacking cough
- Shortness of breath at rest
- Increased discomfort or swelling in the lower body
- Sudden weight gain of more than 2-3 lbs in a 24-hour period (or 5 lbs in a week)
- New or worsening dizziness, confusion, sadness or depression
- Loss of appetite
- Increased trouble sleeping; cannot lie flat

**WARNING!** You need to be evaluated right away.

Call your physician or call **911**

\*Adapted using graphics from American Heart Association