




EVERYDAY:	<ul style="list-style-type: none"> • Weigh yourself in the morning • Eat low salt food • Take your medications • Balance activity with rest periods
Green Flags – All Clear 	What this means...
<p>If you have:</p> <ul style="list-style-type: none"> • No shortness of breath • No chest pain or chest tightness • No weakness • BP less than 140-90 (or lower if you have Diabetes, Kidney Disease, or Heart Failure) • HbA1c <7% if you are a Diabetic • LDL <100 mg/dl • Ability to do usual activities 	<ul style="list-style-type: none"> • You symptoms are under control • Continue to take your medications as ordered • Follow healthy eating habits • Keep all physician appointments
Keep up the great work!	
Yellow Flags – Caution 	What this means...
<p>If you have <u>any</u> of the following:</p> <ul style="list-style-type: none"> • Shortness of breath • Swelling of your feet, ankles, legs or stomach • Fatigue or lack of energy • Dizziness • An uneasy feeling—you know something is not right • Difficulty breathing when lying down or you sleep sitting up with extra pillows • Chest pain or heaviness 	<ul style="list-style-type: none"> • Your symptoms may indicate that you need an adjustment of your medications • Call your doctor or nurse <div style="background-color: #cccccc; padding: 10px; margin-top: 10px;"> <p>Call your doctor, consulting nurse, or healthcare provider if symptoms do not improve.</p> <p>Name:</p> <p>Number:</p> <p>Instructions:</p> </div>
If you notice a Yellow Flag, work closely with your health care team.	
Red Flags—Stop and Think 	What this means...
<p>If you have:</p> <ul style="list-style-type: none"> • Struggling to breathe or have unrelieved shortness of breath while sitting still • Have chest pain not relieved or reoccurs after taking 3 nitro tablets • Have confusion or can't think clearly 	<p>This indicates you need to be seen by healthcare professional immediately.</p> <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p>Name:</p> <p>Number:</p> <p>Follow these instructions:</p> </div>
If you notice a Red Flag, call 9-1-1. Emergency!	

Southeast Washington Aging and Long Term Care

At Aging and Long Term Care, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

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Kittitas County: 509-925-8765 – ADRCKittitas@dshs.wa.gov

Benton/ Franklin County: 509-735-0315 – ADRCBenton-Franklin@dshs.wa.gov

Walla Walla County: 509-529-6470 – ADRCWallaWalla@dshs.wa.gov

Columbia County: 509-382-4787 -- ADRCColumbia@dshs.wa.gov

Garfield County: 509-843-3563 – ADRCGarfield@dshs.wa.gov

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