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| <p>EVERYDAY:</p> | <ul style="list-style-type: none"> • Weigh yourself in the morning • Eat low salt food • Take your medications • Balance activity with rest periods |
| <p>Green Flags — All Clear </p> <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 | <p>What this means...</p> <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 <p>Keep up the great work!</p> |
| <p>Yellow Flags — Caution </p> <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 | <p>What this means...</p> <ul style="list-style-type: none"> • Your symptoms may indicate that you need an adjustment of your medications • Call your doctor or nurse <p>Call your doctor, consulting nurse, or healthcare provider if symptoms do not improve.</p> <p>Name:</p> <p>Number:</p> <p>Instructions:</p> <p>If you notice a Yellow Flag, work closely with your health care team.</p> |
| <p>Red Flags—Stop and Think </p> <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>What this means...</p> <p>This indicates you need to be seen by healthcare professional immediately.</p> <p>Name:</p> <p>Number:</p> <p>Follow these instructions:</p> <p>If you notice a Red Flag, call 9-1-1. Emergency!</p> |

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

Upper Valley Yakima County: 509-469-0500

Lower Valley Yakima County (Grandview): 509-402-0334

Benton County: 509-735-0315

Franklin County: 509-412-1013

Kittitas County: 509-925-8765

Walla Walla County: 509-529-6470

Columbia County: 509-382-4787

Garfield County: 509-843-3563

Asotin County: 509-758-2355

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