

What to know and when to get help

It's important to be familiar with the basic signs and symptoms. Please reference the guidelines below to track the severity of your condition.



Manage your symptoms by:

- Avoiding excessive salt in your diet
- Taking medications as prescribed
- Weighing yourself daily



Contact your doctor if you have:

If you cannot reach your doctor in 24 hours, please visit a walk-in clinic.

- Weight gain of 2lbs in one day or 5lbs in 5 days
- Increased swelling
- Increased shortness of breath
- Increased pillows needed for sleep or wake up feeling like you are smothering
- Increased or frequent cough or wheezing
- Upper respiratory infection with fever and cough



Go to the ER or dial 911 if you have:

- Severe shortness of breath
- Coughing up frothy pink sputum or large amounts of sputum
- Swelling of face or tongue
- Chest pain
- Confusion

*If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.