

Signs of Heart Failure

If you have one or more of these symptoms:

- Weight gain of 3 pounds in 1 day *or*
- Weight gain of 5 pounds or more in 1 week
- More shortness of breath
- More swelling of your feet, ankles, legs, or stomach
- Feeling more tired – no energy
- Dry, hacking cough
- Harder to breathe when lying down
- Chest pain

Call doctor _____
at _____



New Jersey
Care Transitions
Project

A program of Healthcare Quality Strategies, Inc. (HQSI)

The Medicare Quality Improvement Organization for New Jersey

Visit us at: www.hqsi.org