

Important Phone Numbers — When to call for help



Call _____ if...

- your ankles and legs become more swollen
- your shoes or socks get tight suddenly (one day to the next)
- you have shortness of breath that does not go away when you rest
- you gain 2 or 3 pounds in 1 day
- you gain 4 or 5 pounds in 5 days
- you suddenly do not have the energy for your normal activities
- you feel dizzy or weak
- your vision is blurred or looks yellow or blue-green
- you feel your heartbeat change (feels like a butterfly in your chest)
- you have chest pain or new discomfort in the chest
- you faint or pass out
- you have a cough that does not go away
(especially if the cough is worse when you are lying down)

Heart Care Provider

Telephone

Care Coordinator

Telephone

Home Care

Telephone

Pharmacy

Telephone

Family Member

Telephone

Others

Telephone

This form is available online at www.acumentra.org.