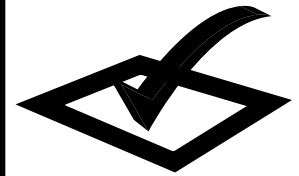


## Tips for Staying Out of the Hospital



### **Here are the most important things you can do to live a good life with heart failure:**

- Eat the low-salt diet that you and your heart care team agree is best for you.
- Develop a system that works for you to take your medicines every day, every time.
- Weigh yourself every morning and record your weight.
- Follow the plan you developed with your heart care team for what to do if you gain weight, have a high salt meal, or have other problems.
- Call your heart care team as soon as possible if you have trouble taking your medicines or paying for medicines, or if you feel worse. See the sheet called Important Phone Numbers — When to call for help.