Things to do every day

Only drink ______ litres.
That is about ______ cups.
Don’t forget tea, coffee, soups and fruit all count.

Weigh yourself every day.

Write down your weight.
Is it changing much? Up or down?

Eat fewer salty foods and do not add salt to your food.

Try to be active every day.
Do what you can on days when you feel well.
Be active at a comfortable pace, don’t get too out of breath.

Remember to take your medicines as prescribed.

Remember to do things that make you happy.
What hobbies do you have? Fishing, gardening, dancing, reading? Or is it time to find something new to do?
Call your doctor, nurse or health worker within 24 hours if you have any of these symptoms

Ankles, legs or stomach swelling
Your shoes, socks or pants are getting very tight

Weight goes up or down by 2 kg in two days

Bad cough, especially at night
A new cough that won’t go away

Your breathing is getting harder
You can only walk ___________
You have to sit up to sleep

You feel dizzy or feel like fainting

Heart is racing and won’t slow down (palpitations)

Other: ___________________________
Emergency

Call Triple Zero 000 and ask for an ambulance if you have any of these warning signs of heart attack.

Pain, pressure, heaviness or tightness in your chest, arm(s), back, jaw, neck, shoulder(s).

- **Chest**
- **Arm(s)**
- **Back**
- **Jaw**
- **Neck**
- **Shoulder(s)**

You collapse or black out

It is very hard to breathe or you can’t breathe