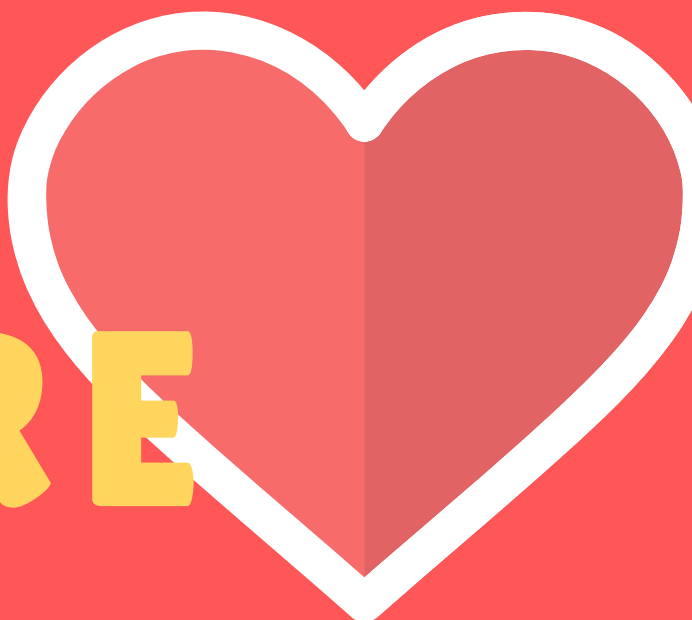
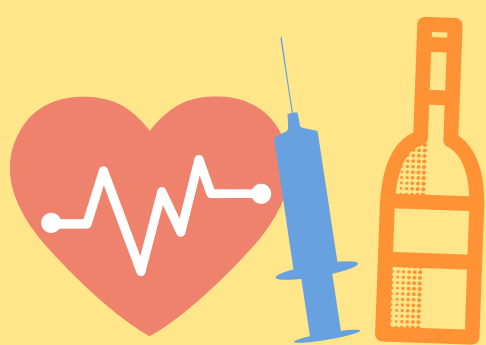


HEART FAILURE




HEART FAILURE: WHEN THE HEART ISN'T PUMPING AS MUCH AS IT SHOULD

COMMON CAUSES



- Alcohol or drug abuse
- High blood pressure
- Diabetes
- Family History
- Heart attack
- Obesity

SIGNS & SYMPTOMS

- Tiredness 
- Shortness of breath or trouble breathing
- Swelling in ankles, feet, legs, or tummy.



In more serious cases you may experience:

- Tiredness or shortness of breath after walking across a room or lying flat
- Weight changes
- Frequent urination
- Night cough or cough when lying down



WHAT CAN I DO?



- Stop smoking
- Limit alcohol and fluid intake
Cut down on salt
- Stay physically active
- Weigh yourself regularly
- Monitor blood pressure
-

HOW CAN I PROTECT MYSELF FROM COVID-19?

CONTINUE TAKING YOUR MEDICATIONS & GET YOUR COVID-19 VACCINE WHERE AVAILABLE IN YOUR COUNTY

Your medications are essential to keeping heart failure symptoms at bay and minimizing the chance of severe illness from COVID-19. Make sure all of your medications are up to date and alert your doctor of worsening symptoms.



COVID-19 VACCINE & DISEASE STATE INFOGRAPHICS

TEXT (402) 732-2627 TO LEARN MORE ABOUT THE COVID-19 VACCINE AND COMMON DISEASES

SCAN ME

[HTTPS://TINYURL.COM/AMCPHEALTHHELPER](https://tinyurl.com/amcphealthhelper)