**Recommendations to be followed by patients**

1. **Heart Attack** –

*Low/medium*

1. Don't smoke or use tobacco
2. Get moving: Aim for at least 30 to 60 minutes of activity daily –

If you haven't been active for a while, you may need to slowly work your way up to these goals, but in general, you should do aim for at least:

* + 150 minutes a week of moderate aerobic exercise, such as walking at a brisk pace
  + 75 minutes a week of vigorous aerobic activity, such as running
  + Two or more strength training sessions a week

1. Eat a heart-healthy diet

A healthy diet can help protect the heart, improve blood pressure and cholesterol, and reduce the risk of type 2 diabetes. A heart-healthy eating plan includes:

* Vegetables and fruits
* Beans or other legumes
* Lean meats and fish
* Low-fat or fat-free dairy foods
* Whole grains
* Healthy fats, such as olive oil

Limit intake of the following:

* Salt
* Sugar
* Processed carbohydrates
* Alcohol
* Saturated fat (found in red meat and full-fat dairy products) and trans-fat (found in fried fast food, chips, baked goods)

1. Maintain a healthy weight

Using a person's height and weight, the body mass index (BMI) can determine if they are overweight or obese. Overweight is defined as having a BMI of 25, which is often linked to higher blood pressure, cholesterol, and an increased risk of heart disease and stroke.

1. Get good quality sleep
2. Get regular health screenings

* Blood pressure - If you're between 18 and 39 and have risk factors for high blood pressure, you'll likely be screened once a year. People aged 40 and older also are given a blood pressure test yearly.
* Cholesterol levels - Adults generally have their cholesterol measured at least once every four to six years. Cholesterol screening usually starts at age 20, though earlier testing may be recommended if you have other risk factors, such as a family history of early-onset heart disease.

*High*

1. Call 1990 or your local emergency number.

* Don't ignore the symptoms of a heart attack. If you can't get an ambulance or emergency vehicle to come to you, have a neighbor or a friend drive you to the nearest hospital. Drive yourself only if you have no other option. Because your condition can worsen, driving yourself puts you and others at risk.

1. Chew and swallow an aspirin while waiting for emergency help.

* Aspirin helps keep your blood from clotting. When taken during a heart attack, it could reduce heart damage. Don't take aspirin if you are allergic to it or have been told by your health care provider never to take aspirin.

1. Take nitroglycerin, if prescribed.

* If you think you're having a heart attack and your health care provider has previously prescribed nitroglycerin for you, take it as directed while waiting for emergency medical help.

1. Begin CPR if the person is unconscious.

* If the person isn't breathing or you don't find a pulse, begin CPR to keep blood flowing after you call for emergency medical help.

1. Push hard and fast on the center of the person's chest in a fairly rapid rhythm — about 100 to 120 compressions a minute.
2. If an automated external defibrillator (AED) is immediately available and the person is unconscious, follow the device instructions for using it.
3. **Pneumonia**

*Low/medium*

1. Stay hydrated. Drink plenty of fluids, especially water, to help loosen mucus in your lungs.
2. Take your medicine as prescribed. Take the entire course of any medications your doctor prescribed for you. If you stop taking medication too soon, your lungs may continue to harbor bacteria that can multiply and cause your pneumonia to recur.
3. Check oxygen saturations and provide supplemental oxygen if saturations are <90%
4. Stop smoking – Smoking increases your risk for pneumonia and other health conditions. If you are a smoker, consider stopping.
5. Get lots of rest- Rest will help your body fight the infection.
6. Drink plenty of fluids. Fluids will keep you hydrated. They can help loosen the mucus in your lungs. Try water, warm tea, and clear soups.
7. Use a cool-mist humidifier or take a warm bath. This will help clear your lungs and make it easier for you to breathe.

*High*

1. As soon as possible bring them to the hospital.
2. Provide extra oxygen (given through small nasal tubes or a face mask) to help them breathe more easily. People who are still having a hard time breathing may need a breathing tube connected to a machine called a "ventilator."
3. Provide steroid medications to help reduce inflammation in the lungs. (This medicine is not the same as the steroids athletes take to build up muscle.
4. **Wheezing**

*Low/medium*

1. Keep the air moist- Use a humidifier, take a warm, steamy shower, or sit in the bathroom with the door closed while running a hot shower.
2. Drink something warm- It relaxes your airways and loosens sticky mucus.
3. Don’t smoke. And stay away from people who do.
4. Follow your doctor’s orders. Take your medicines according to the instructions.
5. Do breathing exercises. They can help your lungs work better. Try these:

* Pursed-lip breathing. Breathe in through your nose. Breathe out for twice as long, with your lips pursed like you’re going to whistle.
* Belly breathing. Breathe in through your nose. Put your hands on your belly and pay attention to how it expands. Breathe out through your mouth for at least 2 to 3 times as long as you breathed in.

1. Clean the air. Use an air cleaner with a HEPA filter. This will cut down on allergens that often lead to asthma attacks.

*High*

1. Transport them to the hospital as quickly as you can.
2. To make it easier for them to breathe, give them more oxygen (through tiny nasal tubes or a face mask). People who are still experiencing trouble breathing could require a breathing tube connected to a "ventilator" machine.
3. To aid in reducing lung inflammation, give steroid medicines. (This medication differs from the steroids used by athletes to gain muscle.