

EVERY DAY

EVERY DAY

- Weigh yourself in the morning before breakfast. Write it down. Compare your weight today to your weight yesterday.
- Keep the total amount of fluids you drink to only 6 to 8 glasses each day. (6-8 glasses equals 1500-2000 mL or 48-64 oz)

- Take your medicine exactly how your doctor said.
- Check for swelling in your feet, ankles, legs, and stomach.
- Eat foods that are low in salt or salt-free.
- Balance activity and rest periods.



Which zone are you in today?

**GREEN
SAFE ZONE**

ALL CLEAR – This zone is your goal!

Your symptoms are under control. You have:

- No shortness of breath.
- No chest discomfort, pressure, or pain.
- No swelling or increase in swelling of your feet, ankles, legs, or stomach.
- No weight gain of more than 4 lbs (2 kg) over 2 days in a row or 5 lbs (2.5 kg) in 1 week.



**YELLOW
CAUTION ZONE**

CAUTION – This zone is a warning

Call your Health Care provider (eg. Doctor, nurse) if you have any of the following:

- You gain more than 4 lbs (2 kg) over 2 days in a row or 5 lbs (2.5 kg) in 1 week.
- You have vomiting and/or diarrhea that lasts more than 2 days.
- You feel more short of breath than usual.
- You have increased swelling in your feet, ankles, legs, or stomach.

- You have a dry hacking cough.
- You feel more tired and don't have the energy to do daily activities.
- You feel lightheaded or dizzy and this is new for you.
- You feel uneasy, like something does not feel right.
- You find it harder for you to breathe when you are lying down.
- You find it easier to sleep by adding pillows or sitting up in a chair.



Healthcare Provider: _____ **Phone Number:** _____

**RED
DANGER ZONE**

EMERGENCY – This zone means act fast!

Go to emergency room or call 9-1-1 if you have any of the following:

- You are struggling to breathe.
- Your shortness of breath does not go away while sitting still.
- You have a fast heartbeat that does not slow down when you rest.
- You have chest pain that does not go away with rest or with medicine.
- You are having trouble thinking clearly or are feeling confused.
- You have fainted.



Notes From The Red Zone

Mark Golitko



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Notes from a 12 Man Mark Tye Turner,2010-06-01 The perfect gift for the Twelfth Man in any household here is a fun and funny fan s history of the Seattle Seahawks Since the franchise s beginnings more than 30 years ago there s no doubt who has been the greatest member of the Seattle Seahawks After all who was there at the opening of the Kingdome only to watch that fabled stadium years later turn to dust Who endured the embarrassment of The Boz And who was there during Super Bowl XL to witness the team lose to the game officials Oh yeah that s right We the twelfth man were there Living up to our reputation as some of the loudest most supportive fans in the NFL Notes from a 12 Man isn t just the teams history it s our history Author Mark Tye Turner a television writer who s been a twelfth man since Day One tells it like it is and in obsessive detail This book will make you laugh wince cheer and learn everything you ever need to know about the team and then some Human Aspects of IT for the Aged Population. Supporting Everyday Life Activities Qin Gao,Jia

Zhou,2021-07-03 This two volume set constitutes the refereed proceedings of the 7th International Conference on Human Aspects of IT for the Aged Population ITAP 2021 held as part of the 23rd International Conference HCI International 2021 held as a virtual event in July 2021 The total of 1276 papers and 241 posters included in the 39 HCII 2021 proceedings volumes was carefully reviewed and selected from 5222 submissions ITAP 2021 includes a total of 67 papers they focus on topics related to designing for and with older users technology acceptance and user experience of older users use of social media and games by the aging population as well as applications supporting health wellbeing communication social participation and everyday activities **A complete course of Meteorology ... with notes by C. Martins ... and an appendix containing the graphic representation of the numerical tables, by L. Lalanne. ... Translated, with notes and additions, by C. V. Walker** Ludwig Friedrich KAEMTZ,1845 The G.I. Joe Roster Theresa Bane,2024-07-26 The wildly popular G I Joe universe has entertained kids since the 1960s whether it be through a cartoon or an action figure As G I Joe s stories expanded so did the characters and everyone had their favorite be it Hawk and Duke fighting against evil or Cobra Commander and Destro bent on nothing less than world domination For the first time ever all the characters from the G I Joe multiverse even those from outside the U S market are gathered together in one location Presented in field guide format this book includes a history of the toy and comic lines as well as a thorough description of every action figure and character from the Cobra and G I Joe animated films comics and Hasbro authorized fan fiction With the addition of photographs from the private collection of Tommy Wyckoff this book is a must have for toy collectors and a chance for long time G I Joe fans to recapture their favorite memories **Basic military requirements** ,2003 **Mycological Notes**

Curtis Gates Lloyd,1921 Technical Note ,1921 Calyx ,1983 *...Note on M.Ph.Plantamour's Observations by Means of Levels on the Periodic Movements of the Ground at Sècheron, Near Geneva* Charles Davison,1889 **International Law Situations with Solutions and Notes** ,1918 **LBK Realpolitik: An Archaeometric Study of Conflict and Social**

Structure in the Belgian Early Neolithic Mark Golitko,2015-02-26 This volume explores linkages between conflict and socioeconomic organization during the early Neolithic of eastern Belgium c 5200 5000 BC using compositional analysis of ceramics from Linienbandkeramik villages to assess production organization and map intercommunity connections against the backdrop of increasing evidence for conflict

AI and Tort Liability Juan Diaz-Granados,2026-03-24 This book provides a novel framework for adapting tort law to the challenges of artificial intelligence AI in all of its forms from machine learning to generative models to autonomous and agentic systems Centered on a liability matrix this book maps AI systems into four zones according to their private and public risks and benefits and it prescribes tailored liability mechanisms for each These range from flexible fault based models with safe harbors for low risk high benefit technologies to strict liability rebuttable presumptions of causation and even moratoriums for systems that pose grave public dangers without delivering corresponding public value Combining rigorous doctrinal analysis with practical policy tools the book addresses complex issues such as fault attribution causation compensable harm evidentiary burdens and distributed responsibility Clear concise and globally relevant this book provides an adaptable approach that courts policy makers and industry leaders can apply to real world AI governance It will appeal to legal scholars postgraduate students regulators judges and AI governance specialists seeking to understand and shape how tort law can both protect society and enable responsible innovation in the age of AI

Materijali za istorijata na Makedonija ,1982

Raising Your Spirited Baby Mary Sheedy Kurcinka,2020-12-29 Mary Sheedy Kurcinka Ed D brings her expertise in raising spirited children to help you understand and soothe your spirited baby Her research based parent tested strategies will help your baby sleep better and develop a calmer more resilient brain and nervous system Dr Laura Markham founder of AhaParenting com and author of Peaceful Parent Happy Kids From the beloved bestselling author whose award winning parenting books have sold over 1 million copies an indispensable guide to the unique needs of Spirited Infants Does your baby bursts into tears when another baby in the same situation sleeps soundly Do the strategies your friends swear by not work with your baby Do the upsets and shrieking come out of seemingly nowhere and take forever to subside Moms and dads who answer yes are the parents of a spirited infant Spirited infants are the outliers the exceptions to the rules They are genetically wired to be alert and intense Raising them takes special skills and patient perseverance In this groundbreaking new book beloved parenting expert Mary Sheedy Kurcinka Ed D offers her findings in the fields of neuroscience sleep temperament self regulation attachment and parent child interactions and shares what she has learned from hands on experiences with families to bring this much needed perspective to the parenting of babies under eighteen months of age including A plan for success with the 5 step Spirited Baby Methodology How to master the NUDGE approach to help your baby thrive Parental Permissions practical advice for parents to help them make sure their needs are met Resources to ensure the whole family unit finds balance and happiness Raising Your Spirited Baby is a shame free guilt free how to handbook that will be embraced by parents and everyone who

supports them as a simple trusted companion The Hungarian Peace Negotiations: Notes and their annexes handed in before receiving the conditions of peace, together with those conditions of peace ,1921 *Hydrobotanical Methods* Richard Dawson Wood,1975 Projects Reconnaissance Flora Vegetation analysis by line transect Vegetation analysis by quadrat Vegetation analysis in deep water by indirect sampling General hydrobotanical investigation Morphometry Vegetation of polluted waters Vegetation analysis phytosociology Vegetation of intertidal zone Oceanographic hydrobotany Diel periodicity Algal culture Primary productivity light and dark bottle Primary productivity pigment analysis Primary productivity ^{14}C uptake Mineral cycling radioisotope uptake ^{32}P and ^{65}Zn Rawson s nomogram *The Coast Artillery Journal* ,1927 **Report on Forests** Geological Survey of New Jersey,1900 **New Researches on Sunheat, Terrestrial Radiation, Etc** Samuel Haughton,1886 CIO ,2008-02-15

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