

Heart Failure

What is heart failure?

In heart failure, the heart cannot pump enough blood through the body. Therefore, the heart cannot fill with enough blood or pump with enough force.

How can a disaster affect my health if I have heart failure?

If you do not continue your treatments during a disaster, it can cause your symptoms to come back or get worse. Fluids can build up and cause extra strain on your heart, lungs and even your kidneys.

What can I do during a disaster to protect my health?

Following all of your doctor's orders during a disaster may be hard but it is important to follow them the best you can.

- Continue to weigh yourself everyday, if possible
- Check for any swelling
- Take all your medications
- Eat a healthy diet

Which special tips should I remember if I have heart failure?

Along with the [emergency kit](#) and [emergency plan](#) remember the following important tip:

- Include your medication to improve your heart function and symptoms in your emergency kit
 - Diuretics
 - ACE inhibitors
 - Angiotensin II Receptor Blockers (ARBs)
 - Beta blockers
 - Digoxin