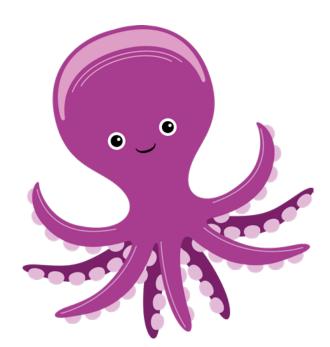
Bulletin Board Kit Don't Sink Into Fluid Overload!

How to use your Bulletin Board Kit

- 1. Review the information included in this kit.
- 2. Print these pages and cut out the shapes.
- 3. Use the blank bubbles to write down your own tips for preventing fluid overload.
- 4. Use construction or craft paper to create the ocean floor and water.
- 5. Ask one or more patients to help you create your bulletin board.
- 6. Put your bulletin board up in an area where everyone can see it.
- 7. Take a picture and send it to the Network at: <u>Qsource-Peers@qsource.org</u>.



Cut out the title below or use poster letters to create the title on your bulletin board.

Don't

Sink Into

Fluid Overload!

Complete Every Dialysis Session Fully

Self Monitor For Symptoms of Excess Fluid

(swelling, shortness of breath, high blood pressure) Do Not Skip Dialysis Sessions – RESCHEDULE

Eat A Low Sodium Diet

Work With Dialysis Team to Ensure Dry Weight is Accurate

Be Aware of All Fluids

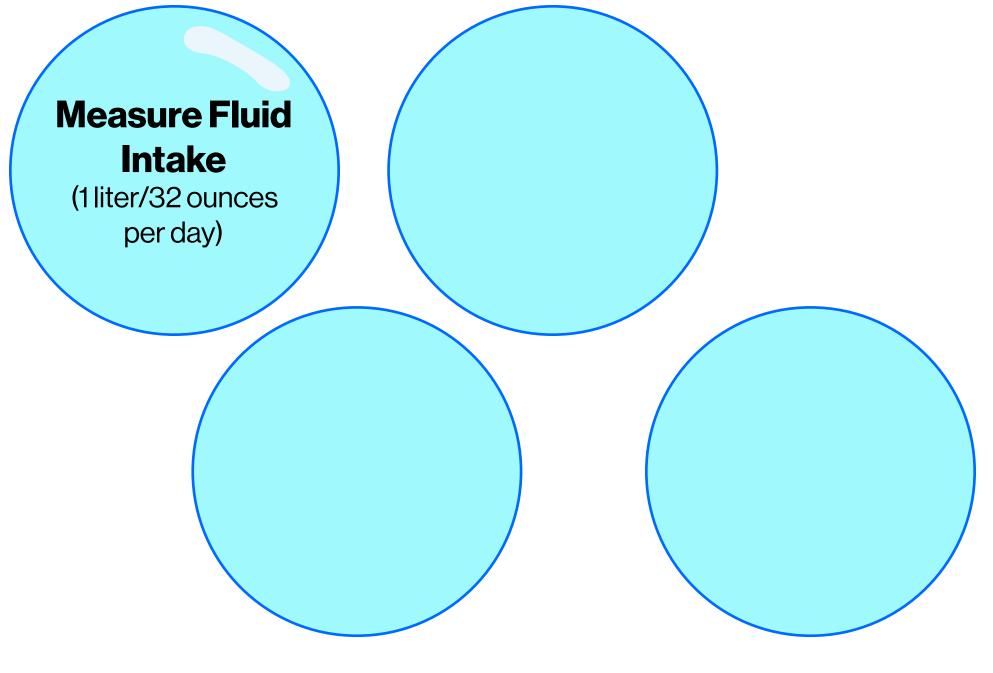
(ice, soups, popsicles)

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