

## THE POST HEART TRANSPLANT TOP 10 LIST

10. ALWAYS CALL YOUR PHARMACY FOR MEDICATION REFILLS AT LEAST ONE WEEK BEFORE YOU RUN OUT OF MEDICATIONS
  9. ALWAYS BRING YOUR **TRANSPLANT BINDER AND MEDICATION YELLOW CARD** TO YOUR CLINIC VISIT
  8. ALWAYS FOLLOW INSTRUCTIONS FOR APPOINTMENTS, LABWORK, AND OTHER TESTING
  7. ALWAYS AVOID EXPOSURE TO SMOKE, DUST, MOLDY ENVIRONMENTS
  6. ALWAYS WEAR SUNSCREEN AND PROTECTIVE CLOTHING WHEN YOU ARE OUTDOORS
  5. ALWAYS **AVOID SICK PEOPLE** INCLUDING FAMILY AND FRIENDS
  4. ALWAYS WEAR A MASK WHEN YOU COME TO THE HOSPITAL, CLINIC, LAB, OR CROWDED AREAS
  3. ALWAYS **TAKE YOU MEDICATIONS ON TIME AND AS DIRECTED**
  2. ALWAYS CALL YOUR TRANSPLANT COORDINATOR FOR ANY SIGNS OF INFECTION: FEVER (TEMP >100), COUGH, EXTREME FATIGUE, CHILLS, NIGHT SWEATS
- AND #1: ALWAYS WASH YOUR HANDS WITH ANY ACTIVITY AND AVOID TOUCHING YOUR FACE!