

HEART FAILURE ZONES

EVERY DAY

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- Weigh yourself in the morning before breakfast, write it down and compare to yesterday's weight.
- Take your medicine as prescribed.
- Check for swelling in your feet, ankles, legs and stomach.
- Eat low salt food.
- Balance activity and rest periods.

Which Heart Failure Zone are you today? **GREEN**, **YELLOW** or **RED**?

GREEN ZONE

ALL CLEAR – This zone is your goal!

Your symptoms are under control. You have:

- No shortness of breath.
- No weight gain more than two pounds (It may change one or two pounds some days).
- No swelling of your feet, ankles, legs or stomach.
- No chest pain.

YELLOW ZONE

CAUTION – This zone is a warning!

If you have home care call your nurse at _____ :

If you do not have home care call your doctor's office at _____ :

- If you have a weight gain of three pounds in one day or five pounds or more in a week.
- More shortness of breath with activity.
- It is harder to breath lying down and you need to sleep in a chair.
- More swelling of your feet, ankles, legs, or stomach.
- Feeling more tired. No energy.
- Dry, hacky cough.
- Dizziness.
- Feeling uneasy, you know something is not right.

RED ZONE

EMERGENCY

Go to the nearest Emergency Services or call 911 if you are:

- Struggling to breathe. Having unrelieved shortness of breath while sitting still.
- Having chest pain.
- Having confusion or can't think clearly.