

HEART FAILURE ZONES

EVERYDAY

- 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.
- Balance activity and rest periods.
- Eat low salt/low-sodium foods.

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

GREEN ZONE

ALL CLEAR

Your symptoms are under control. You have:

- No shortness of breath
- No weight gain more than 2 pounds (it may change 1 or 2 pounds some days)
- No swelling of your feet, ankles, legs, or stomach
- No chest pain

YELLOW ZONE

CAUTION - This zone is a warning

Call your doctor's office if you:

- Gain 3 pounds in 1 day or 5 pounds or more in 1 week
- Feel more shortness of breath
- Have more swelling of the feet, ankles, legs, or stomach
- Are feeling more tired or have no energy
- Have a dry, hacking cough
- Feeling dizzy
- Feeling uneasy, you know something is not right
- Feel it is harder for you to breathe when lying down or you need to sleep sitting up in a chair

RED ZONE

EMERGENCY

Go to the Emergency Room or call 911 if you have any of the following:

- Struggling to breathe; unrelieved shortness of breath while sitting still
- Chest pain
- Confusion or can't think clearly