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 dizziness
• 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