# Heart Failure Zones

# EVERY DAY

#### **EVERY DAY:**

- 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 is your goal

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 have a weight gain of 3 pounds in 1 day or a weight gain of 5 pounds or more in 1 week.
- · More shortness of breath.
- · 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.
- It is harder for you to breathe when lying down. 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.
- Have chest pain.
- · Have confusion or can't think clearly.



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