

## HEART FAILURE ZONES

What zone are you today? **GREEN**, **YELLOW** or **RED**?

|                           |  |
|---------------------------|--|
| <p><b>EVERY DAY</b></p>   | <p><b>EVERY DAY</b></p> <ul style="list-style-type: none"> <li>• Weigh yourself in the morning before breakfast and write it down on your weight calendar and compare to yesterday's weight</li> <li>• Take your medicine as prescribed</li> <li>• Check for swelling in your feet, ankles, legs and stomach</li> <li>• Eat low salt food</li> <li>• Balance activity and rest periods</li> </ul>  |
| <p><b>GREEN ZONE</b></p>  | <p><b>ALL CLEAR- This zone is your goal</b><br/>Your symptoms are under control. You have:</p> <ul style="list-style-type: none"> <li>• No shortness of breath</li> <li>• No weight gain more than 2 pounds overnight</li> <li>• No swelling of your feet, ankles, legs or stomach</li> <li>• No chest pain</li> </ul>   |
| <p><b>YELLOW ZONE</b></p> | <p><b>CAUTION- This zone is a warning</b><br/>Call your doctor's office if:</p> <ul style="list-style-type: none"> <li>• You have a weight gain of 2 pounds overnight or a weight gain of 3-5 pounds a week</li> <li>• More shortness of breath</li> <li>• More swelling of your feet, ankles, legs or stomach</li> <li>• Feeling more tired. No energy</li> <li>• Dry hacky cough</li> <li>• Dizziness</li> <li>• Feeling uneasy- you know something is not right</li> <li>• It is harder for you to breathe when lying down. You need to sleep sitting up in a chair.</li> </ul> |
| <p><b>RED ZONE</b></p>    | <p><b>EMERGENCY</b><br/>Go to the emergency room or call 911 if you have any of the following:</p> <ul style="list-style-type: none"> <li>• Struggling to breathe. Unrelieved shortness of breath while sitting still.</li> <li>• Have chest pain</li> <li>• Have confusion or can't think clearly</li> </ul>  |