

Heart Failure Zones

Every Day	<ul style="list-style-type: none"> • Weigh yourself in the morning before breakfast and write down your weight. • Take your medicine the way it is ordered by your doctor(s). • Check for swelling in your feet, ankles, legs, and stomach. • Eat low-salt foods. • Balance activity and rest periods.
Green Zone	<p>ALL CLEAR! This zone is your goal. Your symptoms are under control.</p> <ul style="list-style-type: none"> • No shortness of breath • No weight gain more than 2 pounds (Your weight can change 1 or 2 pounds some days.) • No swelling of your feet, ankles, legs, or stomach • No chest pain • Able to do usual activities
Yellow Zone	<p>CAUTION! This zone is a warning!</p> <p>Call your home care nurse at _____, or Call your heart failure doctor at _____.</p> <ul style="list-style-type: none"> • A weight gain of 2 to 3 pounds in 2 to 3 days or 4 to 5 pounds in a week. • More shortness of breath • More swelling in your feet, ankles, legs, or stomach • Feeling more tired or lack of energy • Dry hacking cough • Dizziness • Feeling uneasy, like something is not right • It is harder for you to breathe when lying down or you need to sleep with more pillows or in a chair • Chest pain or heaviness • Your symptoms suggest you may need an change in your medications
Red Zone	<p>EMERGENCY Zone!!</p> <p>Call 911 or have someone take you to the Emergency Room!</p> <ul style="list-style-type: none"> • Struggling to breathe or unrelieved shortness of breath while sitting still • Chest pain not relieved or happens again after taking 3 nitro tablets • Confusion or can't think clearly