



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