

Atrial Fibrillation

Every Day	<ul style="list-style-type: none"> • Check for swelling in your feet, ankles, legs, and stomach. • You may have caffeine in moderation. Avoid energy drinks. • 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 fast heart rate • Resting heart rate is less than 100 beats per minute • No dizziness • No feeling of fluttering in the chest
Yellow Zone	<p>CAUTION! This zone is a warning!</p> <p>Call your home care nurse at _____, or call your doctor at _____.</p> <ul style="list-style-type: none"> • Resting heart rate is greater than 100 beats per minute • More short of breath • Feel more nervous than usual • Feel more tired or lack of energy • Dizzy or lightheaded
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"> • Chest pain • Increased shortness of breath • Fainting (or near fainting) or loss of consciousness • FAST: <ul style="list-style-type: none"> ○ Face – Does one side droop when smiling? ○ Arms – Does one arm drift down when you raise arms? ○ Speech – Is speech slurred when repeating simple phrases? ○ Time – If you have any one of these signs, call 911 and tell them what time the symptoms started.