

## Heart Failure Zones

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