

♥ HEART FAILURE ZONES ♥

EVERY DAY

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- Weigh yourself every morning after going to the bathroom and before eating. Record your weight.
- Take medications as prescribed. Always make sure you have enough medication.
- Check for swelling in your feet, ankles, legs and stomach.
- Eat a low salt diet and limit your fluids to 6-8 cups a day as instructed.
- Exercise for at least 20-30 minutes, 3-5 times a week.

Which Heart Failure Zone are you today? GREEN, YELLOW, or RED?

GREEN ZONE

ALL CLEAR - This zone is your goal

Your symptoms are under control. You have:

- No shortness of breath.
- No weight gain of 2 or more pounds.
- No swelling of your feet, ankles, legs or stomach.
- No chest pain.

YELLOW ZONE

CAUTION - This zone is a warning

Call your Heart Failure Specialist if:

- You have a weight gain of 2 or more pounds in 1 day or a weight gain of 5 pounds or more in 1 week.
- More shortness of breath.
- More swelling of your feet, ankles, legs, or stomach.
- Feeling more tired. No energy.
- Dry hacky cough.
- Dizziness.
- Feeling uneasy, you know something is not right.
- It is harder for you to breathe when lying down. You are needing to sleep sitting up in a chair.

RED ZONE

EMERGENCY

Go to the emergency room or CALL 911 if you have any of the following:

- Struggling to breathe. Unrelieved shortness of breath while sitting still.
- Have chest pain.
- Have confusion or can not think clearly.