



# Heart Failure Zones: Warning Signs and Symptoms

## Every Day

- Weigh yourself in the morning before breakfast and write it down
- Take your medicine the way you should
- Check for swelling in the feet, ankles, legs and stomach
- Eat **low salt** food
- Balance activity with rest periods

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* when you have:**

- No shortness of breath
- No weight gain more than 2 pounds (It may 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

**Caution: This zone is a WARNING!**

Call your Home Care Nurse at \_\_\_\_\_ or

Call your Heart Failure Doctor at \_\_\_\_\_ (if you do not have Home Care) when you have:

- A weight gain of 2 or 3 pounds in 2 to 3 days **or** 4 to 5 pounds in a week
- More shortness of breath
- More swelling of your feet, ankles, legs or stomach
- Feeling more tired or lack of energy
- Dry hacking cough
- Dizziness
- Feeling uneasy, you know something is not right
- It is harder for you to breathe when lying down or you sleep sitting up with more pillows
- Chest pain or heaviness
- Your symptoms indicate you may need an adjustment in your medications

## RED ZONE EMERGENCY!!!

Go to the **EMERGENCY ROOM** or **CALL 911** if you have **any** of the following:

- **Struggling to breathe or unrelieved shortness of breath while sitting still**
- **Chest pain not relieved or reoccurs after taking 3 nitro tablets**
- **Have confusion or can't think clearly**