

Heart Failure Zones

WHICH ZONE ARE YOU IN?

DAILY



- Weigh yourself each morning before breakfast; write it on the calendar
- Compare your weight to yesterday's weight
- Take your medication as prescribed
- Eat low salt foods
- Balance activity and rest times
- Check for swelling in your feet, ankles, hands, and stomach
- Check for increased shortness of breath from the previous day

Your Weight _____ pounds

GREEN ZONE — Good to Go



- No shortness of breath
 - No swelling in your feet, ankles, hands, and stomach
 - No chest discomfort or pain
 - No decrease in your ability to maintain your activity level
- You're doing great! Keep it up!**
- Your symptoms are under control
 - Continue taking your medications as ordered
 - Continue with daily weights
 - Follow low salt diet
 - Keep all physician appointments

YELLOW ZONE — Caution



- You have weight gain of 3 pounds in one day or 5 pounds in one week
- You have swelling to your feet, ankles, hands, or stomach
- You have shortness of breath or chest pain
- You are unable to do normal daily activities because of breathing problems
- You are feeling tired or have low energy
- You have a dry hacking cough
- You have difficulty lying flat or need to sleep in a chair/increased number of pillows

Act today – You may need an adjustment to your medications. Call your home health clinician or your physician.

RED ZONE — Emergency



- You are struggling to breathe; unrelieved shortness of breath while sitting still
- You have severe, recurrent chest pain
- You are wheezing or have chest tightness at rest
- You have an unusual or rapid heartbeat
- You have weight gain of more than 5 pounds in 2 days
- You are confused or not thinking clearly, fainting
- You are coughing up pink, foamy mucus

Act now – You need to be seen right away! Call 911 or have someone take you to the ER.

Contact:

Physician Name: _____

Physician Phone: _____

Home Health: _____