

HEART FAILURE ZONES

EVERY DAY:

- ♥ Weigh yourself in the morning after going to the bathroom and before breakfast. Write it down and compare to yesterday's weight.
- ♥ Take your medicine as prescribed.
- ♥ Check for swelling in your feet, ankles, legs and belly.
- ♥ Eat low salt food - no more than **2000 mg** of sodium each day.
- ♥ Balance activity and rest periods.
- ♥ Review Heart Failure Zones below and compare to how you feel.

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

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 belly
- ♥ No chest pain
- ♥ No decrease in your ability to do your daily activities

CAUTION – This zone is a warning

Call your healthcare provider today if you have:

- ♥ Gained **2 pounds** in 1 day *or* **5 pounds** or more in 1 week
- ♥ More shortness of breath
- ♥ More swelling of your feet, ankles, legs, or belly
- ♥ Feeling more tired, no energy
- ♥ Dry or moist hacking cough
- ♥ Dizziness
- ♥ Feeling uneasy, you know something is not right
- ♥ A harder time breathing when lying down and you need to sleep sitting up in a chair

Provider Name: _____

Provider Phone: _____

EMERGENCY

Call 911 or go to the emergency room if you are:

- ♥ Struggling to breathe or have unrelieved shortness of breath while sitting still
- ♥ Have chest pain
- ♥ Confused or can't think clearly