

Heart Failure (HF)

**EVERY
DAY**

- › Weigh yourself in the morning 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 stomach
- › Eat low-salt food
- › Balance activity and rest periods

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

GREEN ZONE	GREEN ZONE = "ALL CLEAR" <ul style="list-style-type: none">› No shortness of breath› No swelling› No weight gain› No chest pain› No decrease in your ability to maintain your activity level	GREEN ZONE MEANS: <ul style="list-style-type: none">› Your symptoms are under control› Continue taking your medications as ordered› Continue daily weights› Follow a low-salt diet› Keep all physician appointments
YELLOW ZONE	YELLOW ZONE = "CAUTION" <p>If you have any of the following signs and symptoms:</p> <ul style="list-style-type: none">› Weight gain of 3 lbs. in 24 hours and/or 3-5 lbs. in a week› Increased cough› Increased swelling› Increase in shortness of breath with activity› Increase in the number of pillows needed› Anything else unusual that bothers you <p><i>Call your Homecare nurse if you are going into the yellow zone.</i></p>	YELLOW ZONE MEANS: <ul style="list-style-type: none">› Your symptoms may indicate that you may need an adjustment of your medication› Call your Homecare nurse
RED ZONE	RED ZONE = "MEDICAL ALERT" <ul style="list-style-type: none">› Unrelieved shortness of breath› Unrelieved chest pain› Wheezing or chest tightness at rest› Need to sit in chair to sleep› Weight gain or loss of more than 5 lbs.› Confusion› Chest pain or pain that worsens when you breathe or cough <p><i>Call your physician immediately if you are going into the red zone.</i></p>	RED ZONE MEANS: <ul style="list-style-type: none">› You need to be evaluated by a physician right away› Call your physician or call 9-1-1 <p><i>Note: Please notify your Homecare nurse if you go to the emergency room or are hospitalized.</i></p>

Primary Physician: _____ Physician Phone #: _____

MCLAREN HOMECARE 24-HOUR NUMBER: (866) 323-5974

