

HEART FAILURE ZONES

Which Heart Failure Zone are you today?

EVERY DAY	<ul style="list-style-type: none">• Weigh in the morning before breakfast, and compare it to yesterday's weight• Take medicine as prescribed• Check for swelling in feet, ankles, legs & stomach• Eat low salt food• Balance activity and rest periods
THE GOAL: GREEN ZONE	<ul style="list-style-type: none">• Symptoms are under control• No shortness of breath• No weight gain more than 2 lbs. (it may change 1-2 lbs. some days)• No swelling in feet, ankles, legs or stomach• No chest pain
CAUTION! YELLOW ZONE	<p>Call your doctor's office if:</p> <ul style="list-style-type: none">• You have gained 3 lbs. in one day or 5 lbs. or more in one week• More shortness of breath• More swelling in feet, ankles, legs or stomach• Feeling more tired, no energy• Dry, hacky cough• Dizziness• Feeling uneasy, or like something is not right• It is harder to breathe when lying down.• You need to sleep sitting up in a chair
EMERGENCY RED ZONE	<p>Go to the E.R. or call 911 if you:</p> <ul style="list-style-type: none">• Struggle to breathe. Have unrelieved shortness of breath while sitting still• Have chest pain• Have confusion or can't think clearly

