Heart Failure

Every Day

• Weigh yourself in the morning before breakfast.
• Record your weight.
• Compare your yesterday’s weight.
• Compare it to the prior week’s weight.
• Take your medicine as prescribed.
• Check for swelling in your feet, ankles, legs and stomach.
• Eat low-salt foods.
• Balance activity and rest periods.
• Able to provide a list of medications.

Green Zone  All Clear – This is your goal / your symptoms are under control

• You have no shortness of breath.
• You have no weight gain more than 2 pounds.
• (It may change 1 of 2 pounds some days)
• You have no swelling of your feet, ankles, legs or stomach.

Yellow Zone  Caution – This zone is a warning / call the doctor’s office

• You have weight gain of 3 pounds in one day.
• You have a weight gain of 5 pounds or more in one week.
• You have more shortness of breath, especially with activity or lying down.
• You have more swelling of your feet, ankles, legs or stomach.
• You are feeling more tired without energy.
• You have a dry hacky cough.
• You have dizziness.
• You have a sense of uneasiness that something is not right.
• You need to sleep sitting up in a chair.

Red Zone  Emergency! – Go to Emergency / call 911 if any is occurring:

• Struggling to breathe. Unrelieved shortness of breath while still sitting.
• Have chest pain and/or discomfort, cold sweats.
• Have confusion or can’t think clearly.

* Source: American Hearth Association | For more information visit www.heart.org