

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 Heart Association** | For more information visit www.heart.org