

Heart Failure Zones

<p>EVERY DAY</p>	<p>Every day:</p> <ul style="list-style-type: none"> • Weigh yourself in the morning before breakfast and write it down. • Take your medicine the way you should • Check for swelling in your feet, ankles, legs and stomach • Eat low salt food • Balance activity and rest periods <p>Which Heart Failure Zone are you today? Green, Yellow or Red</p>
<p>GREEN ZONE</p>	<p>All Clear <u>This zone is your goal</u> Your symptoms are under control You have:</p> <ul style="list-style-type: none"> • No shortness of breath • No weight gain more than 2 pounds (it may change 1 or 2 pounds some days) • No swelling of your feet, ankles, legs or stomach • No chest pain
<p>YELLOW ZONE</p>	<p>Caution <u>This zone is a warning</u> Call your doctor's office if:</p> <ul style="list-style-type: none"> • You have a weight gain of 3 pounds in 1 day <u>or</u> a weight gain of 5 pounds or more in 1 week • More shortness of breath • More swelling of your feet, ankles, legs or stomach • Feeling more tired. No energy • Dry hacky cough • Dizziness • Feeling uneasy, you know something is not right • It is harder for you to breathe when lying down. You are needing to sleep sitting up in a chair.
<p>RED ZONE</p>	<p>EMERGENCY Go to the emergency room or call 911 if you have any of the following:</p> <ul style="list-style-type: none"> • Struggling to breathe. Unrelieved shortness of breath while sitting still • Have chest pain • Have confusion or can't think clearly