# Heart Failure Zones

<table>
<thead>
<tr>
<th>EVERY DAY</th>
</tr>
</thead>
</table>
| Every day:  
- 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  

Which Heart Failure Zone are you today? Green, Yellow or Red |

<table>
<thead>
<tr>
<th>GREEN ZONE</th>
</tr>
</thead>
</table>
| All Clear This zone is your goal  
Your symptoms are under control  
You have:  
- 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 |

<table>
<thead>
<tr>
<th>YELLOW ZONE</th>
</tr>
</thead>
</table>
| Caution This zone is a warning  
Call your doctor’s office if:  
- You have a weight gain of 3 pounds in 1 day or 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 hacking 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. |

<table>
<thead>
<tr>
<th>RED ZONE</th>
</tr>
</thead>
</table>
| EMERGENCY  
Go to the emergency room or call 911 if you have any of the following:  
- Struggling to breathe. Unrelieved shortness of breath while sitting still  
- Have chest pain  
- Have confusion of can’t think clearly |