

HEART FAILURE ZONES

EVERYDAY

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- Weigh yourself in the morning.
- Take your medicines as instructed.
- Eat low-salt food-2 gram sodium diet.
- Check your swelling.
- Balance activity and rest periods.

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

GREEN ZONE

ALL CLEAR—This zone is your goal

Your symptoms are under control if you have:

- No shortness of breath.
- No weight gain more than 2 pounds.
- No signs of swelling of your feet, ankles, or legs (jewelry, clothes or shoes aren't tight)
- No chest pain
- The ability to maintain a balance with activity and rest

YELLOW ZONE

CAUTION—This zone is a warning—contact your physician

Call your Home Health Care Nurse or Health Care Provider's office if you have:

- A weight gain of more than 2-3 pounds in one day or a weight gain of 5 pounds or more in one week.
- More shortness of breath with your usual activities.
- More swelling of your feet, ankles, legs, or abdomen.
- No energy. Feel more tired.
- A sudden decrease in urination
- Dizziness
- Uneasiness; you know something is not right.
- Increased shortness of breath when lying down or you need to sleep sitting up in a chair

RED ZONE

EMERGENCY!

- **Go to the Emergency Room or call 911 if you:**
- Are struggling to breathe. Unrelieved shortness of breath while sitting still
- Are having chest pain.
- Are having confusion or cannot think clearly.



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