



Heart Failure Zones

Which heart failure zone are you in today?

**EVERY
DAY**

Weigh yourself on your scale in the morning, before breakfast, wearing the same type of clothing.

Your weight: _____ pounds. What is your weight today vs. yesterday?

- Take your medicine as prescribed
- Check for swelling in your feet, ankles, legs, and stomach
- Eat low-salt food
- Balance activity & rest periods

**GREEN
ZONE**

ALL CLEAR - this zone is your goal!

Your symptoms are under control when:

- No shortness of breath
- No weight gain of more than 2 lbs. in one day (it may change 1-2 lbs. some days)
- No swelling of your feet, ankles, legs, and stomach
- No chest pain

**YELLOW
ZONE**

STOP & CALL

Caution - this zone is a warning. If you have one or more of the following:

- Weight gain of more than 3 lbs. in 2 days or 5 lbs. or more in 1 week
- More shortness of breath than usual
- More swelling of your feet, ankles, legs, or stomach than usual
- Feeling more tired than usual (no energy)

Call your nurse: _____ or Primary Care Provider: _____

**RED
ZONE**

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
- Chest pain
- Confusion or unable to think clearly

DO NOT drive yourself to the emergency room