

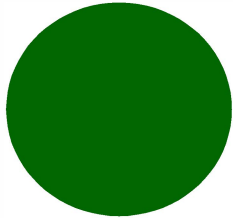
# ZONES TO MANAGE HEART FAILURE

Discharge Weight: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_

First weight at home: \_\_\_\_\_

Doctor's Phone: \_\_\_\_\_



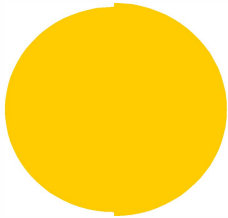
## GREEN ZONE

### You have:

- ♥ No shortness of breath
- ♥ No weight gain more than 3 pounds per day
- ♥ No swelling of feet, ankles, legs or stomach
- ♥ No chest pain

### What to do:

- ♥ Keep up the good work!
- ♥ Take your medicine
- ♥ Eat a low salt diet
- ♥ Weigh yourself every day



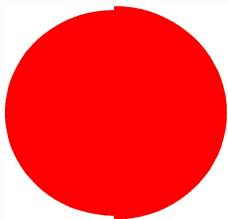
## YELLOW ZONE

### You have:

- ♥ Weight gain of 3 pounds in 1 day or 5 pounds in one week
- ♥ More shortness of breath
- ♥ More swelling in your feet, ankles, legs, or stomach
- ♥ Feeling more tired
- ♥ New or unusual coughing
- ♥ Dizziness
- ♥ Hard to breathe lying down – need to sleep sitting in chair

### What to do:

- ♥ **Call your doctor or nurse**



## RED ZONE

### You have:

- ♥ Hard time breathing
- ♥ Struggling to breathe even at rest
- ♥ Chest pain or discomfort
- ♥ Feeling faint

### What to do:

- ♥ **Call 911 or**
- ♥ **Get help, go to Emergency Room**