




Heart Failure Zones for Self-Management

Name: _____ Date: _____

<p>Determine your zone every day!</p>	<p>Every day:</p> <ul style="list-style-type: none"> • Weigh yourself in the morning before breakfast, and enter your daily weight in a log. • Take your medicine as directed by your doctor. • Check for swelling in your feet, ankles, legs and stomach. • Eat low-salt foods. • Balance activity and rest periods.
<p>GREEN Zone: All Clear</p> <p><i>This zone is your goal.</i></p>	<p>Green Zone means your symptoms are under control. You have</p> <ul style="list-style-type: none"> • No shortness of breath • No swelling in your feet, ankles, legs or stomach • No weight gain of more than 2 pounds • No chest pain
<p>YELLOW Zone: CAUTION</p>  <p>Physician: _____</p> <p>Number: _____</p>	<p>Call your doctor's office if:</p> <ul style="list-style-type: none"> • You have a weight gain of 2 or more pounds in one day or a weight gain of 4 pounds or more in one week. • You have increased shortness of breath. • You experience more swelling of your feet, ankles, legs or stomach. • You feel more tired and lack energy. • You have a dry or moist hacking cough. • You experience dizziness. • You feel uneasy; you know something is not right. • It is harder for you to breathe when lying down; you need to sleep sitting up in a chair. <p>If any of the above symptoms is severe or getting worse, call 911 or go to your hospital's emergency room.</p>
<p>RED Zone: EMERGENCY</p> <p>Physician: _____</p> <p>Number: _____</p>	<p>Go to the emergency room or call 911 if you have ANY of the following:</p> <ul style="list-style-type: none"> • Difficulty breathing, unrelieved shortness of breath while sitting still • Chest pain • Confusion or inability to think clearly



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