

HEART FAILURE ZONES



Weigh yourself before breakfast, record and compare with yesterday.



Take your medicine as prescribed.



Check for swelling in your feet, ankles, legs and stomach.



Balance activity and rest periods.



Eat low-salt foods. Limit salt to 2000mg per day.



Limit liquids to 2 liters (64oz) per day.

GREEN ZONE

ALL CLEAR - THIS ZONE IS YOUR GOAL!

Your symptoms are under control. Keep up the good work.

- No weight gain of more than 2 pounds within 24 hours or 5 pounds in one week.
- No shortness of breath.
- No swelling in feet, ankles, legs or stomach.

YELLOW ZONE

CAUTION - THIS ZONE IS A WARNING!

Call your physician listed below if you:

- Have a weight gain of 2 pounds or more within 24 hours or 5 pounds in one week.
- Have shortness of breath or no energy.
- Have a dry hacking cough.
- Feel lightheaded or dizzy.
- Have swelling in feet, ankles, legs or stomach.
- Can't breathe when lying flat. Need to sleep in a chair or with multiple pillows.

RED ZONE

EMERGENCY - THIS ZONE MEANS ACT FAST!

Go to the emergency room or call 911 if you have any of the following:

- Struggling to breathe.
- Chest pain, pressure or squeezing.
- Facial droop, arm weakness or slurred speech.
- Confusion.
- Extreme weakness or exhaustion.

Your heart failure is being managed by _____, for any questions related to heart failure, medications for heart failure, or symptoms of heart failure, call _____.



St. Elizabeth
HEALTHCARE