HEART FAILURE ZONES

EVERYDAY

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- **Weigh yourself in the morning before breakfast**
- **Right it down and compare to yesterday's weight**
- **Take your medicine as prescribe**
- **Check feet, ankles, legs and stomach for swelling**
- **Eat food low in salt and avoid drinking too much fluid**
- **Balance activity and rest periods**
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GREEN ZONE

GREEN

- All Clear: This zone is your goal
- No shortness of breath
- No weight gain more than 2 pounds (It may change 1 or 2 pounds somedays)
- No swelling of your feet, ankles, legs or stomach
- No chest pain

YELLOW ZONE

YELLOW

- Caution: This is a warning zone
- 3 pounds in 1 day or 5 pounds or more in a week
- More shortness of breath
- More swelling of feet, ankles, legs or stomach
- Feeling more tired; No energy
- Dry, hacky cough
- Dizziness, feeling uneasy something doesn't feel right
- Hard to breath lying down, need to sleep sitting up

RED ZONE

EMERGENCY

- **Go to emergency room or call 911**
- **Struggling to breath, unrelieved shortness of breath while sitting still**
- **Chest Pain**
- **Confusion or can't think clearly**