Which Heart Failure Zone Are You in Today?

EVERY DAY CHECKLIST

☐ Weigh yourself in the morning after you urinate, before you eat or drink anything. Use the same scale and wear the same amount of clothing. Write down your weight and compare it to the previous day.

☐ Take your medicine as directed by your doctor.

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

☐ Eat low-salt food.

☐ Balance activity and rest periods.

GREEN ZONE

This zone is your goal! Your symptoms are under control. You have:

- No increase in shortness of breath.
- No weight gain more than 3 pounds in a day or 5 pounds in a week.
- No swelling of your feet, ankles, legs, or stomach.
- No chest pain.

YELLOW ZONE

Call your doctor __________________ at __________________ if:

- You have a weight gain of 3 pounds or more in 1 day or a weight gain of 5 pounds or more in 1 week.
- You are more short of breath than usual.
- You have increased swelling of your feet, ankles, legs, or stomach.
- You are feeling more tired or have less energy.
- You have a dry, hacky cough.
- You feel uneasy; you know something isn’t right.
- It’s harder for you to breathe when lying down, or you need to sleep sitting up in a chair.

RED ZONE

Emergency! Go to the Emergency Department or call 911 if:

- You are struggling to breathe or have unrelieved shortness of breath while sitting still.
- You have chest pain.
- You are confused or having trouble thinking clearly.
- You feel a new, or a change in, irregular or fast heart beat.
- You are feeling lightheaded.
- You have passed out.

GREEN ZONE

Weigh yourself in the morning after you urinate, before you eat or drink anything. Use the same scale and wear the same amount of clothing. Write down your weight and compare it to the previous day.

GREEN ZONE

Take your medicine as directed by your doctor.

GREEN ZONE

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

GREEN ZONE

Eat low-salt food.

GREEN ZONE

Balance activity and rest periods.

GREEN ZONE

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