

Heart Failure Zones

Every Day

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- Empty your bladder and weigh yourself every morning before breakfast. (Keep your scale on a flat surface; on tile, not carpet. Make sure to always "zero" your scale before stepping on it.) Write your daily weight next to the actual day of the month on page 3.
- Compare your daily weight to your dry weight. Dry weight is your weight when you do not have extra fluid buildup in your body.
- Take your medicine the way you should.
- Check for swelling in your feet, ankles, legs, and stomach.
- Eat low-salt (sodium) foods.
- Balance activity and rest. Be as active as possible.

Which Heart Failure Zone are you today? **GREEN**, **YELLOW** or **RED**

Green Zone

All clear: this zone is your goal

Your symptoms are under control if you have:

- No shortness of breath.
- No weight gain of more than 2 lbs. in one day (may change 1 or 2 lbs. some days).
- No swelling in your feet, ankles, legs, and stomach.
- No chest pain.

Yellow Zone

Caution: this zone is a warning

Call your doctor if you have any of these:

- A weight gain of 3 lbs. or more in one day or 5 lbs. or more in one week.
- More shortness of breath.
- More swelling in your feet, ankles, legs, or stomach.
- An increased feeling of being tired.
- A cough, especially a night-time cough.
- A feeling of uneasiness, or a feeling like you know something is not right.
- Increased difficulty breathing, especially when lying down. (You need to sleep sitting up in a chair.)

Red Zone

Emergency

Call **911** and go to the emergency room if you have any of the following:

- Struggles breathing or unrelieved shortness of breath while sitting still.
- New or worsening chest pain.
- Confusion or problems thinking clearly.

My Personal Zone Plan
