

EVERY DAY

- **Weight:** Weigh yourself in the morning after emptying your bladder, before getting dressed, and before breakfast. Write it down and compare to yesterday's weight. Bring this record to your doctor visit.
- **Medications:** Take your medications as prescribed
- **Symptoms:** Check for swelling in your feet, legs, stomach or hands
- **Diet:** Eat low salt foods; limit total salt per day to 2,000 mg or less
- **Activity:** Balance your daily activities with rest
- **Blood pressure and pulse:** Take your blood pressure and pulse each day at the same time and record it. Bring this record to your doctor visit.

What zone are you in today? **Green, Yellow, or Red?**

Green Zone

This is where you want to be

- No shortness of breath
- No weight gain of more than two pounds
- No swelling
- No decrease in the amount of activity you are able to do

If each is true, no action is needed.

- Your heart failure is under control
- Keep weighing yourself every day
- Keep taking your medications
- Stay on a low salt diet
- Keep your doctor appointments

Yellow Zone

Call doctor today

- Weight gain of three pounds in one day or five pounds in one week
- Swelling increases
- Shortness of breath increases
- You need more pillows to sleep or have to start sleeping in a chair.
- Cough increases
- New or worsening dizziness
- Chest pain
- Feeling more tired, energy level decreases
- Anything else that is not normal for you

You need to call your doctor today if you have any of these symptoms.

Doctor name:

Doctor phone number:

Red Zone

Emergency Call 9-1-1

- Shortness of breath that will not go away
- Chest pain that will not go away
- Wheezing or chest tightness, even when you rest
- Confusion or inability to think clearly

If you have ANY of these symptoms, you need to see a doctor right away

CALL 9-1-1 IMMEDIATELY

Don't take yourself to the doctor or have someone else drive you.

PUT ON YOUR REFRIGERATOR