**EVERY DAY:**
- Weigh yourself in the morning before breakfast, write it down in your calendar and compare to yesterday’s weight.
- Take your medicine as prescribed.
- Check for swelling in your feet, ankles, legs and stomach.
- Eat low salt food. TIP: Check the food label. If sodium content is higher than the calorie content, choose something else.
- Balance activity and rest periods.

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

**GREEN ZONE**
Your symptoms are under control. Keep up the good work!

**ALL CLEAR – This zone is your goal**
You have:
- Breathing is at your normal.
- No weight gain more than 2 pounds (it may change 1 or 2 pounds some days).
- Swelling of your feet, ankles, legs or stomach is at your normal.
- No chest pain.

**YELLOW ZONE**
Call your home health nurse (if you have one), or your primary care doctor or cardiologist

**CAUTION – This zone is a warning**
If you have:
- Gained 2 pounds in 1 day or gained 3 or more pounds in 1 week.
- Shortness of breath is worse than normal.
- It is harder for you to breathe when lying down. You need to sleep sitting up in a chair.
- Swelling of your feet, ankles, legs, or stomach is worse than normal.
- Feeling more tired. No energy.
- Dry hacky cough.
- Dizziness.
- Feel uneasy or you know something is not right.

**RED ZONE**
Have someone take you to the emergency room or call 911

**EMERGENCY**
If you:
- Are struggling to breathe or have unrelieved shortness of breath while sitting still.
- Have chest pain.
- Have confusion or can’t think clearly.

PLEASE HANG THIS SHEET IN YOUR BATHROOM OR ON YOUR REFRIGERATOR.