

## **Heart Failure Zones**

## Check Weight Daily

- Weigh yourself in the morning before breakfast, after you empty your bladder. Write it down. Compare your weight today to your weight yesterday.
- **▼** Follow your health care provider's instructions about how much fluid to drink.
- **▼** Take your medicine exactly as recommended by your healthcare provider.
- Check for swelling in your feet, ankles, legs, and stomach.
- Avoid excess salt by cooking at home and limiting processed foods.
- Balance activity and rest periods.



## Which heart failure zone are you in today?

Safe Zone

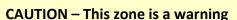
Caution

Zone

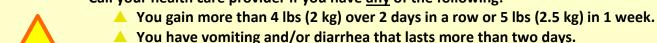
ALL CLEAR – This zone is your goal!

Your symptoms are under control, and you have:

- No new or worsening shortness of breath.
- No chest discomfort, pressure, or pain.
- No new or worsening swelling in your feet, ankles, legs, or stomach.
- No weight gain of more than 4 lbs (2 kg) over 2 days in a row or 5 lbs (2.5 kg) in 1 week.



Call your health care provider if you have any of the following:



- ▲ You feel more short of breath than usual.
- You have increased swelling in your feet, ankles, legs, or stomach.
- You have a dry hacking cough.
- You feel more tired and don't have the energy to do daily activities.
- You feel lightheaded or dizzy, and this is new for you.
- You feel uneasy, like something does not feel right.
- You find it harder to breathe when you are lying down.
- You have to sleep sitting up or with extra pillows.

Health Care Provider	Office Phone Number
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**EMERGENCY - This zone means act fast** 

Go to emergency room or call 911 if you have <u>any</u> of the following:

Danger Zone

- You are struggling to breathe.
- Your shortness of breath does not go away while sitting still.
- You have a fast heartbeat that does not slow down when you rest.
- You have chest pain that does not go away with rest or with medicine.
- You are having trouble thinking clearly or are feeling confused.
- You have fainted.



