



GREEN ZONE

Keep up the
 good work!

- No new or worsening shortness of breath
- Physical activity level is normal for you
- No new swelling; feet and legs look normal for you
- No weight gain
- No chest pain

Keep
 doing:



Daily
 weight
 check



Meds as
 directed



Low-
 sodium
 diet



Follow-up
 appointments

YELLOW ZONE

Check-in
 with your
 provider

- Dry, hacking cough
- Worsening shortness of breath with activity
- Increased swelling of legs, feet, and ankles
- Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5lbs in a week)
- Discomfort or swelling in the stomach area
- Trouble sleeping; increased number of pillows needed for sleep

You may
 need to :



Contact your
 healthcare provider



Ask to change your
 medications

RED ZONE

Call your
 provider
 immediately or
 911

- Frequent dry, hacking cough
- Constant chest pain
- Shortness of breath when you are resting
- Increased discomfort or swelling in the lower body
- Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5lbs in a week)
- New or worsening dizziness, confusion, sadness or depression
- Loss of appetite
- Increased trouble sleeping; cannot lie flat

WARNING! You need to be evaluated right away.

For more tools and information on managing heart failure visit:
www.heart.org/oregonheartfailure

