# ZONES TO MANAGE HEART FAILURE

<table>
<thead>
<tr>
<th>Discharge Weight: _______</th>
<th>Doctor’s Name: ____________________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>First weight at home: _______</td>
<td>Doctor’s Phone: ____________________________</td>
</tr>
</tbody>
</table>

## GREEN ZONE

**You have:**
- No shortness of breath
- No weight gain more than 3 pounds per day
- No swelling of feet, ankles, legs or stomach
- No chest pain

**What to do:**
- Keep up the good work!
- Take your medicine
- Eat a low salt diet
- Weigh yourself every day

## YELLOW ZONE

**You have:**
- Weight gain of 3 pounds in 1 day or 5 pounds in one week
- More shortness of breath
- More swelling in your feet, ankles, legs, or stomach
- Feeling more tired
- New or unusual coughing
- Dizziness
- Hard to breathe lying down – need to sleep sitting in chair

**What to do:**
- Call your doctor or nurse

## RED ZONE

**You have:**
- Hard time breathing
- Struggling to breathe even at rest
- Chest pain or discomfort
- Feeling faint

**What to do:**
- Call 911 or
- Get help, go to Emergency Room

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[Logos: Qualidigm, Communities of Care]