

Congestive Heart Failure Zones

Help yourself feel better and stay out of the hospital by assessing what zone you are in: **Green, Yellow or Red.**

EVERY DAY:

- Weigh yourself the morning before breakfast and write it down
- Take your medicine
- Check for swelling in your feet, ankles, legs and stomach
- Eat low-salt food
- Balance activity and rest periods
- Determine which zone you are in: Green, Yellow or Red

GREEN ZONE:	
<p>You are in the green zone if you have:</p> <ul style="list-style-type: none"> • No shortness of breath • No swelling • No weight gain • No chest pain • No decrease in your ability to maintain your activity level 	<p>Action:</p> <ul style="list-style-type: none"> • Continue taking your medication as ordered • Continue daily weights • Follow low salt diet • Keep all provider appointments

YELLOW ZONE:	
<p>You are in the yellow zone if you have:</p> <ul style="list-style-type: none"> • Weight gain of 3 or more pounds in 3 days • Increased cough • Increased swelling • Increase in shortness of breath with activity • Increase in number of pillows needed • Anything else unusual that bothers you 	<p>Action:</p> <ul style="list-style-type: none"> • Call your provider if you are going into the yellow zone; you may need an adjustment of your medications. • Contact information for physician, nurse coordinator or home health nurse: <p>NAME: _____</p> <p>NUMBER: _____</p> <p>INSTRUCTIONS: _____</p> <p>IRMC Heart Failure Management Clinic - 772.563.4415</p>

RED ZONE:	
<p>You are in the red zone if you have:</p> <ul style="list-style-type: none"> • Unrelieved shortness of breath: shortness of breath at rest • Unrelieved chest pain • Wheezing or chest tightness at rest • Need to sit in chair to sleep • Weight gain or weight loss of more than 5 pounds in 2 days • Confusion 	<p>Action:</p> <ul style="list-style-type: none"> • Call your provider IMMEDIATELY; you need to be evaluated by a physician right away. • Contact information for physician: <p>NAME: _____</p> <p>NUMBER: _____</p>



Indian River
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The Heart Center

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