

Congestive Heart Failure Zones

Check weight daily

- + Weigh yourself in the morning before breakfast. Write it down. Compare your weight today to your weight yesterday.
- + Keep the total amount of fluids you drink/eat to only 6 to 8 cups/glasses each day. (about 1500-2000 mL or 48-64 oz)
- + Take your medicine exactly how your doctor said.
- + Check for swelling in your feet, ankles, legs, and stomach.
- + Eat foods that are low in salt or salt-free and follow heart dietary guidelines.
- + Balance activity and rest periods.

WHICH HEART FAILURE ZONE ARE YOU TODAY? GREEN, YELLOW, OR RED

Safe Zone

ALL CLEAR – This zone is your goal! Your symptoms are under control. You have:

- + No shortness of breath.
- + No chest discomfort, pressure, or pain.
- + No swelling or increase in swelling of 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.

CAUTION – This zone is a warning

Call your Health Care provider____ (eg. doctor, nurse) **or call 811**, if you have any of the following:

Caution zone

- + You gain more than 4 lbs (2 kg) over 2 days in a row or 5 lbs (2.5 kg) in 1 week.
- + You have vomiting and/or diarrhea that lasts more than two days.
- + 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 for you to breathe when you are lying down.
- + You find it easier to sleep by adding pillows or sitting up in a chair.

EMERGENCY – This zone means act fast.

Go to emergency room or call 911 if you have any 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.

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The information in this document is intended solely for the person to whom it was given by the health care team. This information does not replace the advice given to you by your health care provider.

