



# ST PETER'S HEALTH PARTNERS

Cardiac & Vascular

## Heart Failure Zones: Warning Signs and Symptoms

### EVERY DAY

- Weigh yourself in the morning before breakfast and write your weight down
- Take your medicine the way it is prescribed by your physician(s)
- Check for swelling in your feet, ankles, legs and stomach
- Eat low salt foods
- Balance activity with rest periods

Which Heart Failure Zone are you today? **Green**, **Yellow** or **Red**

### GREEN ZONE

**All clear: This zone is your goal. Your symptoms are under control.**

**You have:**

- No shortness of breath
- No weight gain more than 2 pounds (Your weight can change 1 or 2 pounds some days)
- No swelling in your feet, ankles, legs and stomach
- No chest pain
- Able to do usual activities

### YELLOW ZONE

**Caution: This zone is a warning!**

**Call your home care nurse at \_\_\_\_\_ or**

**Call your heart failure doctor at \_\_\_\_\_ (if you do not have home care).**

**You have:**

- A weight gain of 2-to-3 pounds in 2-to-3 days **or** 4-to-5 pounds in a week.
- More shortness of breath
- More swelling in your feet, ankles, legs and stomach
- Feeling more tired or lack of energy
- Dry hacking cough
- Dizziness
- Feeling uneasy, you know something is not right
- It is harder for you to breathe when lying down or sleeping sitting up with more pillows
- Chest pain or heaviness
- Your symptoms indicate you may need an adjustment in your medications

### RED ZONE

## **EMERGENCY!**

**Go to the Emergency Room or Call 911 if you have any of the following:**

**You have:**

- Struggling to breathe or unrelieved shortness of breath while sitting still
- Chest pain not relieved or re-occurs after taking 3 nitro tablets
- Have confusion or can't think clearly