



American Heart Association.
Healthy for Good™

SELF MANAGEMENT FOR HEART FAILURE



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
 checks



medications
 as directed



low
 sodium diet



follow-up
 appts.



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 over 2-3 lbs in a 24 hours (or 5 lbs 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 health
 care 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 over 2-3 lbs in a 24 hours (or 5 lbs 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.