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 check
- Meds as directed
- Low-sodium diet
- Follow-up appointments

YELLOW ZONE
Check-in with your provider
- Frequent dry, hacking cough
- Worsening shortness of breath with activity
- Increased swelling of legs, feet, and ankles
- Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5lbs 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 healthcare 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 more than 2-3 lbs in a 24 hour period (or 5lbs 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.

For more tools and information on managing heart failure visit: www.heart.org/oregonheartfailure

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