

# HEART FAILURE ZONES

## GREEN ZONE I'm doing well

- I have not gained more than 2 pounds in 24 hours or 5 pounds in one week.
- I am not short of breath.
- I have no swelling in my feet, ankles, legs or stomach.

## WHAT TO DO:

- **Weigh yourself every day** in the morning and write down your weight every day.
- Take all medications as directed.
- Eat a low sodium (salt) diet.  
**DAILY LIMIT: 2000 mg (milligrams)**
- Monitor fluid intake.  
**DAILY LIMIT: 2 liters or 64 ounces**

## YELLOW ZONE It's a bad day

- I gained 2 pounds or more in 24 hours or 5 pounds in one week.
- I'm short of breath.
- I have a dry hacking cough.
- I feel lightheaded or dizzy.
- I have swelling.
- I have no energy.

## WHAT TO DO:

- **Call your cardiologist or family doctor** to let them know your symptoms.
- Continue to weigh yourself daily.
- Take all medications as directed.
- Continue eating a low sodium (salt) diet and monitoring your fluid intake.

## RED ZONE EMERGENCY

- Struggling to breathe.
- Chest pain, pressure, squeezing or any discomfort.
- Facial droop, arm weakness or slurred speech.
- Confusion.
- Extreme weakness or exhaustion.

## WHAT TO DO:



# Call 911!

# PERSONAL DETAILS

My name is: \_\_\_\_\_

My date of birth: \_\_\_\_\_

My family doctor is: \_\_\_\_\_

My family doctor's phone number is: \_\_\_\_\_

My cardiologist is: \_\_\_\_\_

My cardiologist's phone number is: \_\_\_\_\_

My emergency contact is: \_\_\_\_\_

My emergency contact's phone number is: \_\_\_\_\_

## Other Important Contacts

My other contact is: \_\_\_\_\_

My other contact's phone number is: \_\_\_\_\_

My other contact is: \_\_\_\_\_

My other contact's phone number is: \_\_\_\_\_

## Heart Details

My EF (ejection fraction) is: \_\_\_\_\_

**Keep an updated list of all medications (name of medication, how much you take, how often you take it) and bring this list to all appointments and hospital visits.**