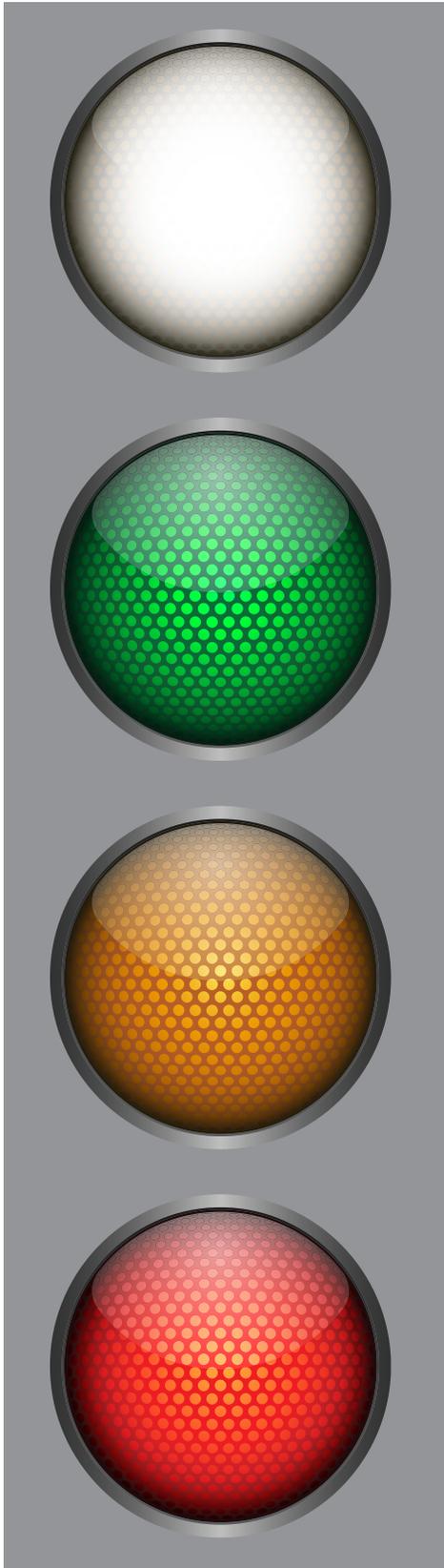


GREEN LIGHT TO GO

HEART FAILURE ZONES FOR MANAGEMENT



EVERYDAY: WHICH ZONE ARE YOU IN TODAY?

- Weigh yourself each day before breakfast
- Write it down and compare
- Take your medications as instructed by your provider
- Check for swelling in your feet, legs, ankles, and stomach
- Eat foods that are low in salt or sodium free
- Balance activity and rest periods

ALL CLEAR: THIS IS YOUR GOAL ZONE

You are able to perform your usual activities and have:

- No shortness of breath
- No chest pain
- No swelling in your feet, legs, ankles or stomach
- Not gained more than 2 pounds in a day or 5 pounds in one week

Goal Weight: _____

WARNING ZONE: CALL YOUR NURSE OR PROVIDER

If you have any of the following signs or symptoms:

- Weight gain of more than 2 pounds in one day or 5 pounds in one week
- Increased dry hacking, persistent cough
- More shortness of breath or wheezing
- More swelling in your feet, legs, ankles or stomach
- It's harder to breathe when you are laying down
- Dizziness, lightheadedness, or irregular heartbeat
- Your defibrillator goes off, you get a shock
- Feeling uneasy, you know something is not right

MEDICAL ALERT ZONE: CALL 911

If you have any of the following signs or symptoms:

- Struggling to breathe, short of breath while sitting still
- Passing out or feeling like you may pass out
- New chest pain or pressure, or chest pain not relieved by 3 nitroglycerine tablets
- Racing heartbeat with lightheaded spells
- Confusion or problems thinking clearly