

**Bloomington Hospital**  
Regional Heart & Vascular Institute

# HEART FAILURE ZONES

**EVERYDAY**

- Weigh yourself in the morning before breakfast, write it down and compare to yesterday's weight.
- Take your medicine as prescribed.
- Check for swelling in your feet, ankles, legs and stomach.
- Eat low salt food.
- Balance activity and 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 (it may change 1 or 2 pounds some days).
- No swelling of your feet, ankles, legs or stomach.
- No chest pain.

**YELLOW ZONE**

**CAUTION - This zone is a warning:**

- You have a weight gain of 3 pounds in 1 day or a weight gain of 5 pounds or more in 1 week.
- More shortness of breath.
- More swelling of your feet, ankles, legs, or stomach.
- Feeling more tired. No energy.
- Dry hacky cough.
- Dizziness.
- Feeling uneasy, you know something is not right.
- It is harder for you to breathe when lying down.  
You are needing to sleep sitting up in a chair.

**RED ZONE**

**EMERGENCY**  
Go to the emergency room or CALL 911 if you have any of the following:

- Struggling to breathe. Unrelieved shortness of breath while sitting still.
- Have chest pain.
- Have confusion or can't think clearly.

Provided by the Bloomington Hospital Regional Heart & Vascular Institute

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