# Zones for Management of Heart Failure

## Green Zone: All Clear

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>Your Goal Weight:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>No shortness of breath</strong></td>
<td></td>
</tr>
<tr>
<td><strong>No swelling</strong></td>
<td></td>
</tr>
<tr>
<td><strong>No weight gain</strong></td>
<td></td>
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<tr>
<td><strong>No chest pain</strong></td>
<td></td>
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<tr>
<td><strong>No decrease in your ability to maintain your activity level</strong></td>
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</tbody>
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**Green Zone Means:**
- Your symptoms are under control
- Continue taking your medications as ordered
- Continue daily weights
- Follow low-salt diet
- Keep all physician appointments

## Yellow Zone: Caution

**If you have any of the following signs and symptoms:**
- Weight gain of 3-5 pounds within 5-7 days
- Increased cough
- Increased swelling
- Increase in shortness of breath with activity
- Increase in the number of pillows needed

You are going into the YELLOW zone, call:

**Yellow Zone Means:**
- Your symptoms may indicate that you need an adjustment of your medications
- Call your physician and/or healthcare team if you have one

Physician: __________________________
Number: __________________________
Instructions: __________________________

## Red Zone: Medical Alert

- Unrelieved shortness of breath: shortness of breath at rest
- Wheezing or chest tightness at rest
- Weight gain of more than 5 pounds in 2 days

Call your Physician immediately if you are going into the RED zone.

- If you experience chest pain that remains unrelieved after taking Nitroglycerin every 5 minutes x 3, call 911.

**Red Zone Means:**
- Call your physician right away.

Physician: __________________________
Number: __________________________