

## Zones for Management of Heart Failure

### Green Zone: All Clear

Your Goal Weight:

- No shortness of breath
- No swelling
- No weight gain
- No chest pain
- No decrease in your ability to maintain your activity level



### 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: \_\_\_\_\_