

Heart Failure Zones

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Every Day

- ♥ Weigh yourself every morning
- ♥ Take your medicine
- ♥ Check for swelling
- ♥ Eat low-salt foods
- ♥ Balance activity and rest
- ♥ Keep your medical appointments
- ♥ Find the zone you are in

American Heart Association
Interactive Heart Failure Workbook



Green Zone “All Clear”

You have:

- ♥ No shortness of breath
- ♥ No weight gain
- ♥ No swelling of feet, ankles, legs or belly
- ♥ No problems doing your daily activities
- ♥ No chest pain or heaviness

What to do:

Excellent

Keep up the good work

Yellow Zone “Stop and Call”

You have:

- ♥ Weight gain of:
 - 2 pounds in 1 day
 - 5 pounds in 1 week
- ♥ More shortness of breath
- ♥ More swelling in your feet, ankles, legs, or belly
- ♥ More tired, low energy
- ♥ Dry, hacky cough
- ♥ Dizziness
- ♥ Hard to breath lying down or need to sleep sitting in a chair

What to do:

Call your doctor:

Phone number:

Red Zone “Emergency”

You have:

- ♥ Struggling to breathe, even after rest
- ♥ Chest pain or tightness that does not go away with rest
- ♥ Confusion or cannot think clearly
- ♥ Extreme fatigue or tiredness
 - You have a hard time doing your daily tasks

What to do:

**Call 911
right away**