# Heart Failure Signs and Symptoms

| EVERY DAY | • Take your medications exactly as directed  
|           | • Track your symptoms every day  
|           | • Weigh yourself every day  
|           | • Follow a low-salt diet  
|           | • Drink only the amount of fluids that your doctor/nurse recommends  
|           | • Get the correct amount of rest and activity as prescribed by your health care provider  |

| GREEN ZONE | **Doing Well** - If you have:  
|            | • No weight gain of more than 2 pounds overnight  
|            | • No noticeable change in what makes you short of breath  
|            | • No swelling of your feet, ankles, legs or stomach  
|            | • No chest pain  
|            | • No decrease in your energy level  
|            | • No dizziness when you do your normal activities  |

| YELLOW ZONE | **Caution** - Call your doctor/nurse if you:  
|             | • Noticeably more short of breath with regular activity  
|             | • Have swelling in your feet, ankles, legs or stomach more than normal  
|             | • Have a weight gain of more than 2 pounds overnight or 5 pounds or more for the week  
|             | • Feel more tired than usual  
|             | • Have trouble sleeping due to difficulty breathing  
|             | • Dry, hacky cough that doesn’t go away  
|             | • Dizziness  
|             | • Find it hard to breath when lying down  |

| RED ZONE | **Emergency! Call 911** - Emergency – Call 911 if you have any of the following:  
|          | • Chest pain  
|          | • Feel tightness in your chest  
|          | • Significantly short of breath with little or no activity  
|          | • Fainting spell  
|          | • It’s harder to breath  
|          | • Confused or can’t think clearly  |