

Heart Failure Signs and Symptoms

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| <p>EVERY DAY</p> | <ul style="list-style-type: none"> • 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 |
| <p>GREEN ZONE Doing Well</p> | <p>You are doing well - If you have:</p> <ul style="list-style-type: none"> • 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 |
| <p>YELLOW ZONE Caution</p> | <p>This is your warning zone - Call your doctor/nurse if you:</p> <ul style="list-style-type: none"> • 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 <u>or</u> 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 |
| <p>RED ZONE Emergency! Call 911</p> | <p>Emergency – Call 911 if you have any of the following:</p> <ul style="list-style-type: none"> • 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 |