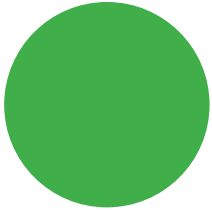


ZONES TO MANAGE HEART FAILURE

Discharge Weight: _____ Doctor's Name: _____

First weight at home: _____ Doctor's Phone: _____



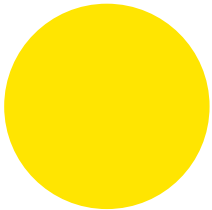
GREEN ZONE

You have:

- No shortness of breath
- No weight gain more than 3 pounds per day
- No swelling of feet, ankles, legs or stomach
- No chest pain

What to do:

- Keep up the good work!
- Take your medicine
- Eat a low salt diet
- Weigh yourself every day



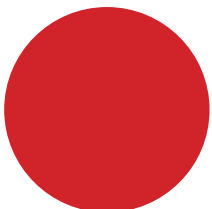
YELLOW ZONE

You have:

- Weight gain of 3 pounds in 1 day or 5 pounds in one week
- More shortness of breath
- More swelling in your feet, ankles, legs, or stomach
- Feeling more tired
- New or unusual coughing
- Dizziness
- Hard to breathe lying down - need to sleep sitting in chair

What to do:

- Call your doctor or nurse



RED ZONE

You have:

- Hard time breathing
- Struggling to breathe even at rest
- Chest pain or discomfort
- Feeling faint

What to do:

- **Call 911 or**
- **Get help, go to Emergency Room**