

Heart Failure Zone Guide

Which Heart Failure Zone are you today?

GREEN

YELLOW

RED

**EVERY
DAY**

EVERY DAY YOU SHOULD:

- Weigh yourself in the morning before breakfast and write it down.
- Take your medicine the way you should.
- Check for swelling in your feet, ankles, or legs.
- Eat low-salt food.
- Follow your doctor's orders for exercise and rest.

**GREEN
ZONE**

ALL CLEAR. – THIS ZONE IS YOUR GOAL.

Your symptoms are under control if you have:

- No shortness of breath.
- No weight gain of two pounds or more each day for three days in a row or a gain of six pounds over three days.
- No swelling of your feet, ankles, or legs.
- No chest pain.

**YELLOW
ZONE**

CAUTION. – THIS ZONE IS A WARNING.

Call your doctor if:

- You have a weight gain of two pounds or more each day for three days in a row or a gain of six pounds over three days.
 - More shortness of breath.
 - More swelling of your feet, ankles, or legs.
 - Dry, hacky cough.
 - Dizziness.
 - Feeling uneasy; you know something is not right.
 - It is harder for you to breathe when lying down.
- You are needing to sleep sitting up in a chair.

During the first 30 days after discharge, you may call 1-855-350-0467 to speak to a nurse.

Please try to call during daytime hours.

Clinic Number (8:00 a.m. to 4:30 p.m.):

Service:

**RED
ZONE**

EMERGENCY!

Go to the emergency room or call 911 if you have any of the following:

- Struggling to breathe or shortness of breath that won't go away while sitting still.
- Have chest pain.
- Have confusion or cannot think clearly.

This information was created and reviewed through a partnership with the UAMS Patient and Family Advisory Councils.