

# HEART FAILURE ZONES

## EVERY DAY

### EVERYDAY

- Weigh yourself in the morning before breakfast, write it down and compare to yesterday's weight.
- Take your medicine as prescribed.
- Check for swelling in your feet, ankles, legs and stomach.
- Eat low salt food.
- Balance activity and rest periods.

*Which Heart Failure Zone are you today? **GREEN**, **YELLOW** or **RED**?*

## GREEN ZONE

### ALL CLEAR - This zone is your goal!

Your symptoms are under control. You have:

- No shortness of breath.
- No weight gain more than 2 pounds (it may change 1 or 2 pounds some days).
- No swelling of your feet, ankles, legs or stomach.
- No chest pain.

## YELLOW ZONE

### CAUTION - This zone is a warning:

- You have a weight gain of 3 pounds in 1 day or a weight gain of 5 pounds or more in 1 week.
- More shortness of breath.
- More swelling of your feet, ankles, legs, or stomach.
- Feeling more tired. No energy.
- 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.

## RED ZONE

### EMERGENCY

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

- Struggling to breathe, unrelieved shortness of breath while sitting still
- Chest pain
- Confusion or can't think clearly



**Lutheran Home Care & Hospice, Inc.**  
A Ministry of Lutheran Social Services

Call 1-800-840-9081

# (I HAVE) The Care That I Need



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Call 800-840-9081  
[www.lutheranhomecare.org](http://www.lutheranhomecare.org)

Since 1978, Lutheran Home Care & Hospice, a ministry of Lutheran Social Services, has offered a broad range of home care services to help people achieve independence, quality of life, and peace of mind. We are the area's only not-for-profit, faith-based, home care agency. Find the care that you need - and can trust - with Lutheran Home Care & Hospice.

## How We Can Help You:

**Home Health Care** for those who need medical care at home

**Home Telemonitoring** for those who want peace of mind knowing someone is monitoring their health status daily

**In-Home Support** for those who need non-medical help to remain independent at home

**Hospice Care** for those living with a terminal illness, and their families

**Call 1-800-840-9081**

