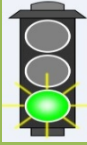
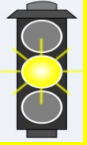


## Heart Failure Zones. How do I feel today?

	 <b>Green Zone</b> In Control <ul style="list-style-type: none"> <li>• Take medicines</li> <li>• Weigh self every day</li> <li>• Follow low salt diet</li> <li>• If told to limit fluids, do so every day</li> <li>• Keep all doctor's appointments</li> </ul>	 <b>Yellow Zone</b> Caution <ul style="list-style-type: none"> <li>• Take action today!</li> <li>• Call your home health nurse</li> </ul> OR <ul style="list-style-type: none"> <li>• Call your doctor</li> </ul>	 <b>Red Zone</b> Emergency <ul style="list-style-type: none"> <li>• Take action NOW!</li> <li>• Call your doctor now</li> </ul> OR <ul style="list-style-type: none"> <li>• Call 911 if you have any chest pain that does not go away or you feel you cannot breathe</li> </ul>
Is my weight up? My healthy weight: _____	No change in my weight.	My weight is up: <ul style="list-style-type: none"> <li>• 2-3 pounds overnight</li> <li>• 5 pounds since last week</li> </ul>	My weight is up: <ul style="list-style-type: none"> <li>• 5 pounds overnight</li> </ul>
Do I have swelling?	I do not have swelling.	I have swelling in my: <ul style="list-style-type: none"> <li>• Feet, ankles or shins</li> <li>• Knees or thighs</li> </ul>	I have swelling in my: <ul style="list-style-type: none"> <li>• Belly. I feel bloated or my pants are tighter</li> <li>• Hands or face</li> </ul>
Am I short of breath?	I do not feel short of breath: <ul style="list-style-type: none"> <li>• Breathing is normal</li> <li>• Sleep is normal</li> </ul>	I feel short of breath or cough while: <ul style="list-style-type: none"> <li>• Walking or talking</li> <li>• Eating</li> <li>• Bathing or dressing</li> <li>• Lying flat</li> </ul>	I feel: <ul style="list-style-type: none"> <li>• Short of breath or wheeze at rest</li> <li>• Less alert and more confused</li> <li>• I need to sleep sitting up to breathe.</li> </ul>
How is my energy level?	My energy level is normal	I am too tired to do most of my normal activities.	I am so tired that I can hardly do any normal activities.
My other signs of heart failure:			Chest pain or pressure that does not go away (call 911)  Cannot breathe (call 911)