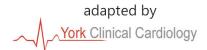


Heart Failure Zones



Use these questions to determine which zone you or the person you care for is in today.

- · What is their daily weight?
- Is there any change in their breathing?
- · Do you notice any difficulty participating in usual daily activities?
- Do you notice any swelling in the feet, ankles, legs or stomach? Is this more than usual (e.g., have difficulty getting shoes on, or pants are tight around the stomach)?
- Have they complained of any chest pain? Is this new or more frequent?
- How many pillows are they sleeping with at night? Have they needed to sleep on a 'lazy boy' chair?
- How is their appetite? Is that a change?



Record weight at the same time each day



Limit salt to 2000mg/day (less than 1 tsp.) and avoid processed foods



No more than 6-8 cups of fluid per day (includes water, beverages, soup)

GREEN ZONE

- · No changes in weight
- · Can perform daily activities as usual
- No new swelling of feet, ankles, legs or stomach



ALL CLEAR

Continue activities as usual

YELLOW ZONE

- · 2 pounds (1kg) weight gain/loss in one day
- . 5 pounds (2-3 kg) weight gain/loss in one week
- · Increased or new shortness of breath
- Shortness of breath that worsens when lying down or causes them to wake up from sleep
- New swelling of feet, ankles, legs or stomach
- · Feeling weak and tired



WARNING ZONE

Call us 289-963-2273

RED ZONE

- Struggling to breathe or can't catch their breath
- · Heart is "racing"
- · Can't think clearly or feel confused
- · Feeling dizzy or lightheaded
- · Have sudden chest pain that won't go away



EMERGENCY



Call 911

NOTE: IF YOU GAIN MORE THAN 2 POUNDS IN ONE DAY, OR MORE THAN 5 POUNDS IN ONE WEEK, PLEASE CALL US AT THE FIRST OPPORTUNITY.

Please bring this sheet along to all of your medical appointments.

NAME		
MONTH, YEAR		
DATE	WEIGHT	HEART FAILURE ZONE