

Heart Failure Zones and Action Plan

Heart failure zones give you an easy way to see changes in your heart failure symptoms. They also tell you when you need to get help. Check every day to see which zone you are in.

- **Green Zone:** You are doing well. Keep doing what you are doing. For example, your weight is not changing, and you can breathe easily.
- **Yellow Zone:** You need to call your health care provider. You have new symptoms, or your symptoms have changed. For example, you might have more shortness of breath.
- **Red Zone:** You need to call 911 and get help right away. You have emergency symptoms, like severe trouble breathing.

<p>I am doing well.</p> <ul style="list-style-type: none"> • Breathing without shortness of breath. • Able to do daily activities. • Have little or no swelling. • Have not gained weight. 	<p>Action:</p> <ul style="list-style-type: none"> • Continue my current medicines. • Eat a healthy, low salt diet. • Check my weight each day. • Be active.
<p>I feel worse. I have:</p> <ul style="list-style-type: none"> • Gained 2 to 3 pounds in 24 hours, or 5 or more pounds in a week. • Less of an appetite. • New or worse: <ul style="list-style-type: none"> › Swelling in feet, ankles, legs, or stomach. › Dizziness that lasts more than 1 minute. › Dry cough. › Shortness of breath. › Tiredness or low energy. › Less need to pass urine. 	<p>Action:</p> <ul style="list-style-type: none"> • Continue my medicines. • Rest and limit activity. • Take my rescue medicine if I have gained 2 pounds or more and I have any signs that are new or worse for more than 24 hours. • Call my health care provider to report that I am taking my rescue medicine and any changes in my signs. • Follow any other instructions I am given.
<p>I feel I am in danger. I have 1 or more of these signs:</p> <ul style="list-style-type: none"> • Feel I cannot breathe or I am very short of breath. • New pain, pressure, heaviness, or tightness in my chest. • Trouble sleeping when flat in bed, if able to before. • Sweating or sudden weakness or fainting. • Confused or cannot think clearly. • Heart beat is very fast or irregular. 	<p>Action:</p> <p>Call 911 or emergency medical services right now!</p> <p>You need to get to the nearest emergency department for care.</p> 