

Zones for Management of Heart Failure

Green Zone – (All Clear)

Your Goal Weight:

- No difficulty breathing
- No swelling of feet or any other areas
- No chest pain
- Able to do normal daily activities



Green Zone Means:

- You have no symptoms
- Continue taking your medication as ordered
- Keep all your appointments
- Eat less salty and fatty foods
- Continue daily weights

Yellow Zone = CAUTION

If you have any of the following signs or symptoms;

- Increased cough
- Increased swelling of legs or other areas
- Increased difficulty breathing with physical or daily activity
- Difficulty laying flat or sleeping in bed at night

Yellow Zone Means:

- If you have any of the symptoms, call your medical provider and tell them how you feel



Red Zone = MEDICAL ALERT

- Trouble breathing at rest or with no physical activity
- Wheezing or chest tightness or chest pain
- If you gain more than 5 lbs in two days

Red Zone Means:

- **YOU NEED EMERGENCY CARE!**
- **Call 911 for AMBULANCE**

