

Managing Heart Failure at home

Use this guide to check your heart failure signs and symptoms.
Take action if you have any symptoms in the yellow or red zones.

	Green Zone	Yellow Zone	Red Zone
	Keep up the good work. Watch for changes in your health.	Check in. Call today. Name: _____ Phone: _____	Warning! See a doctor right away.
How is my breathing?	<ul style="list-style-type: none"> I'm not short of breath. 	<ul style="list-style-type: none"> I'm short of breath or cough when I eat, talk, or move around. 	<ul style="list-style-type: none"> I'm short of breath or wheeze at rest.
How is my energy?	<ul style="list-style-type: none"> I can do my usual activities. 	<ul style="list-style-type: none"> It's hard to do my usual activities. 	<ul style="list-style-type: none"> I can't do any of my usual activities.
How am I sleeping?	<ul style="list-style-type: none"> Sleep is normal for me. 	<ul style="list-style-type: none"> I have trouble sleeping. I use extra pillows to help my breathing. 	<ul style="list-style-type: none"> Sleep is worse. I sleep sitting up to help my breathing.
Do I have swelling?	<ul style="list-style-type: none"> No swelling. My feet, ankles, legs, belly, hands or face look normal. 	<ul style="list-style-type: none"> New swelling in my: <ul style="list-style-type: none"> – feet, ankles or legs. – belly (tight waist band). – hands or face. 	<ul style="list-style-type: none"> Worse swelling in my: <ul style="list-style-type: none"> – feet, ankles or legs. – belly (tight waist band). – hands or face.
Is my weight up?	<ul style="list-style-type: none"> No change in weight. 	<ul style="list-style-type: none"> Gained 2 - 3 pounds since yesterday or 5 pounds since last week. 	<ul style="list-style-type: none"> Gained more than 3 pounds since yesterday.
Do I have other signs of heart failure?			<ul style="list-style-type: none"> I'm dizzy or confused. I can't do any of my regular activities. I can't eat.
Do I need to call 9-1-1?			Call 9-1-1 if you have: <ul style="list-style-type: none"> Chest or upper body pain that does not go away within 5 minutes of rest or after taking 3 nitroglycerin 5 minutes apart. Chest or upper body pain that is sudden or severe.

