Heart Failure Zones

Know your zone everyday!

DAILY CHECK

- Weigh yourself first thing every morning after you empty your bladder and write it down
- Take your medicine
- Check for swelling in feet, ankles, legs and belly
- Eat a low sodium diet – less than 1500mg each day
- Balance activity and rest periods
- Don’t smoke and limit alcohol intake

GREEN ZONE

Your symptoms are under control if you have:

- No shortness of breath
- No weight gain more than 2 pounds in 1 day
- No swelling of your feet, ankles, legs and belly
- No decrease in ability to maintain activity level
- No chest pain

YELLOW ZONE

Call your healthcare provider (#______________) if you have:

- More shortness of breath, dry hacking cough
- Weight gain of 3 pounds in 1 day or 5 pounds in 1 week
- More swelling of feet, ankles, legs and belly
- Feeling more tired; no energy; dizzy/faint
- You need more pillows when lying down or need to sleep in a chair

RED ZONE

Call 911 if you have any of the following:

- Struggling to breathe, more shortness of breath while resting
- Chest pain
- Confused or can’t think clearly

Call 911 and get to the Emergency Room.
Do NOT drive yourself!

www.sentara.com/belleharbour
Heart Failure Patient’s Education Checklist

☐ I have received Heart Failure education.

☐ I have a clear explanation of my diagnosis of Heart Failure.

☐ I have reviewed my medicines and know when and how to take them.

☐ I understand the importance of and how to weigh myself.

☐ I understand the importance of and how to check for swelling.

☐ I understand when it is necessary to call my healthcare provider.

☐ I understand my instructions on heart healthy diet and any restrictions.

☐ I know what exercises I can do.

☐ I know how to stay safe and how to keep a healthy heart.