

Green Zone

CONTINUE DAILY ROUTINE



Physical activity level is normal for you



No new or worsening shortness of breath or chest pain



No new swelling in legs or feet



Weight is stable

Instructions:

Continue meds as directed



Continue daily weight checks (same clothes, time & scale)



Continue low sodium diet



Continue daily activities



Keep follow up appointments



Yellow Zone

CAUTION! CHECK WITH YOUR CARE PROVIDER



Trouble sleeping due to shortness of breath or cough



Worsening shortness of breath with activity



Increased swelling in legs, ankles and feet



Weight gain of more than 2-3 pounds in 24 hours or 3-5 pounds in 1 week

Instructions: Call your care provider today to report changes.



You may need a change in your medications or you may need to be seen by your care provider.

Red Zone

WARNING! TAKE ACTION - CALL 9-1-1!



New or worsening dizziness or confusion



Shortness of breath at rest and/or can't lie down



Frequent cough



Weight gain of more than 3 pounds in 24 hours or more than 5 pounds in 1 week



Irregular or fast pulse



See a care provider or call 9-1-1 right away!