

HEALTH EDUCATION

Every Day:

- Weigh yourself. Write it down and compare to yesterday's weight.
- Take your medications as prescribed.
- Limit sodium intake to 2000 milligrams each day.
- Check for zone symptoms.

Weight at Discharge _____

Heart Failure Management: (614) 234-8860

Doctor: _____ **Phone Number:** _____

Green Zone –Doing Well	Actions
<ul style="list-style-type: none"> • No shortness of breath • No weight gain of more than 2 pounds in a day • No swelling of your feet, ankles, legs or stomach • No chest discomfort, pressure, or pain 	<ul style="list-style-type: none"> • Take your medications as prescribed • Weigh yourself daily • Keep all doctor appointments • Continue a low sodium diet and exercise plan
Yellow Zone – Caution	Actions
<ul style="list-style-type: none"> • Feel more short of breath than usual • Wake up in the middle of the night feeling like you can't breathe • Find it easier to sleep by adding pillows or sitting up in a chair • Have dry, hacking cough or chest congestion • Gain more than 2 pounds in one day or gain 5 pounds or more in one week • Have swelling in your feet, ankles, legs or stomach • Feel more tired after usual activities • Feel lightheaded or dizzy 	<ul style="list-style-type: none"> • Call your healthcare provider or the Heart Failure Management team • Your symptoms may mean that you need changes to your medicine or require other medical help
Red Zone – Need Urgent Medical Care!	Actions
<ul style="list-style-type: none"> • Have a hard time breathing or short of breath while sitting still • Have chest discomfort, pressure or pain that does not go away with rest • Faint or pass out 	<p>Go to emergency room or call 911 right away!</p>