Please bring this calendar with you whenever you have an office visit.
## Congestive Heart Failure Zones

Help yourself feel better and stay out of the hospital by assessing what zone you are in: Green, Yellow or Red.

### EVERY DAY:
- Weigh yourself the morning before breakfast and write it down
- Take your medicine
- Check for swelling in your feet, ankles, legs and stomach
- Eat low-salt food
- Balance activity and rest periods
- Determine which zone you are in: Green, Yellow or Red

### GREEN ZONE:

**You are in the green zone if you have:**
- No shortness of breath
- No swelling
- No weight gain
- No chest pain
- No decrease in your ability to maintain your activity level

**Action:**
- Continue taking your medication as ordered
- Continue daily weights
- Follow low salt diet
- Keep all provider appointments

### YELLOW ZONE:

**You are in the yellow zone if you have:**
- Weight gain of 3 or more pounds in 3 days
- Increased cough
- Increased swelling
- Increase in shortness of breath with activity
- Increase in number of pillows needed
- Anything else unusual that bothers you

**Action:**
- Call your provider if you are going into the yellow zone; you may need an adjustment of your medications.
- Contact information for physician, nurse coordinator or home health nurse:
  - NAME: __________________________
  - NUMBER: ________________________
  - INSTRUCTIONS: __________________

### RED ZONE:

**You are in the red zone if you have:**
- Unrelieved shortness of breath: shortness of breath at rest
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Need to sit in chair to sleep
- Weight gain or weight loss of more than 5 pounds in 2 days
- Confusion

**Action:**
- Call your provider IMMEDIATELY; you need to be evaluated by a physician right away.
- Contact information for physician:
  - NAME: __________________________
  - NUMBER: ________________________