Heart Failure Action Plan

**Every Day:**
- Weigh yourself at the same time every day. Use the same scale. Write down your weight.
- Take your medications as prescribed. Talk to your provider before changing or stopping any medication.
- Check for swelling in your feet, ankles, legs and belly.

**Eat a heart healthy, low salt diet (less than 2,000 milligrams a day).**

**Limit fluids if told by your provider.**

**Balance activity and rest periods.**

**Get plenty of rest.**

**Do not smoke.**

**Limit alcohol.**

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**Green Zone: Good**

- **GOOD:** Your symptoms are under control if you:
  - Are not short of breath at rest
  - Have not gained more than 2 to 3 pounds in 1 day
  - Have no swelling of your feet, ankles, legs, or belly
  - Have no chest pain
  - Can do your usual everyday activities

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**Yellow Zone: Caution**

- **CAUTION:** Call your healthcare provider if you:
  - Gain more than 2 to 3 pounds in 1 day or more than 5 pounds in 1 week
  - Have more swelling of your feet, ankles, legs, or belly
  - Have a hacking cough
  - Need more pillows to sleep or sleep sitting up
  - Feel more tired or have more shortness of breath with daily activity
  - Feel sick to your stomach, dizzy, faint, or uneasy, like something is not right
  - Feel more sad or depressed than usual

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**Red Zone: Stop!**

- **STOP!** Call 911 and go to the emergency room if you:
  - Have a very hard time breathing, or are much more short of breath than usual at rest
  - Wake up at night very short of breath
  - Have pain, tightness, or pressure in your chest
  - Can’t think clearly