








## 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.

## Which zone are you in today?

**GREEN  
ZONE:  
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

**YELLOW  
ZONE:  
CAUTION**



### Call your healthcare provider at:

\_\_\_\_\_ **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

**RED  
ZONE:  
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