Zone Tool
Heart Failure

Every Day:

✔ Weigh yourself in the morning before breakfast and write your weight down.
✔ Eat low-salt/low-sodium foods.
✔ Balance activity and rest periods.
✔ Check for swelling in your feet, ankles, legs and stomach.
✔ Take your medicine as ordered.

All Clear Zone ... This is the safety zone if you have:

• No shortness of breath
• No weight gain more than two pounds (it may change one or two pounds some days)
• No swelling of your feet, ankles, legs or stomach
• No chest pain

Warning Zone ... Call your doctor if you have:

• Weight gain of three pounds in one day or five pounds or more in one week
• Increased swelling of your feet, ankles, legs or stomach
• Difficulty breathing when lying down and feel the need to sleep up in a chair
• An uneasy feeling and/or you know something is not right
• Fatigue or no energy
• Shortness of breath
• Dry hacking cough
• Dizziness

Medical Alert Zone ... Go to the Emergency Room or call 911 if you have:

• A hard time breathing
• Unrelieved shortness of breath while sitting still
• Chest pain
• Confusion or inability to think clearly