



## 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