

Heart Failure Zones

Green Zone: ALL CLEAR – This zone is your goal.

Your symptoms are under control. You have:

- no shortness of breath
- no weight gain
- no increased swelling of feet, ankles, legs or stomach
- no chest pain



Yellow Zone: CAUTION – This zone is a warning.

Call your doctor's office if you have one or more of these symptoms:

- weight gain of three pounds in one day **OR**
- weight gain of five pounds or more in five days
- more shortness of breath than usual
- more swelling of your feet, ankles, legs or stomach than usual
- feeling more tired – no energy
- dry, hacking cough
- harder to breathe when lying down
- feeling uneasy – “you know something is not right”
- dizzy or lightheaded



Red Zone: EMERGENCY

Go to the emergency room or call 911 if you have any of the following:

- struggling to breathe
- chest pain, tightness or heaviness
- confusion or cannot think clearly



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