

(back)

BRONSON 

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

STOP
CALL 911

Heart Failure Zones

Name _____

Heart Doctor _____

Phone _____

Family Doctor _____

Phone _____

 **BRONSON**

(front)

Heart Failure Zones

Yellow Zone: CAUTION



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

J12448-1 8/09

 **BRONSON**

outside

inside

J12448-1HeartFailureZonesCardV7.qxp (.pdf)
(version 7) 8/17/09 dwb
3.75" w X 5" h, 2-sided, fold in half
(body copy is 13pt Times New Roman)