

# Heart Failure Daily Action Plan

## EVERY DAY

- Weigh yourself.
- Take your medications as prescribed.
- Do activity as tolerated.
- Maintain a low salt diet.
- Drink fluids as directed by your doctor.

## GREEN ZONE EXCELLENT!

This is where you want to be.

- Your weight is stable. It's not going up or down.
- You can breathe easily.
- You are sleeping well. You can lie flat without shortness of breath.
- You can do your usual activities.

## YELLOW ZONE BE CAREFUL!

Pay Attention. Check in with your Doctor.

- You have new or increased shortness of breath.
- You are dizzy, lightheaded or feel you may faint.
- Sudden weight gain (2lbs or more in a day or 5lbs in a week).
- Increased swelling in legs, ankles or feet.
- You are so tired or weak you can't do your usual activities.
- You aren't sleeping well, shortness of breath wakes you up, you need extra pillows.

### What to do:

- CALL YOUR DOCTOR
  - Primary care doctor
  - Cardiologist
- Call both if not sure which one to call

## RED ZONE

This is an emergency!

- You have severe trouble breathing.
- You're coughing up pink, frothy mucus.
- You notice a new irregular or fast heartbeat.
- You have symptoms of a heart attack (chest pain/pressure, sweating, shortness of breath, nausea or vomiting, lightheadedness or sudden weakness, pain/pressure in back/neck/jaw or upper belly, one or both shoulders/arms).

### What to do:

- CALL 911