



CONGESTIVE HEART FAILURE

Congestive Heart Failure happens when the heart cannot pump enough blood to the rest of the body.

Some symptoms are:

- Dizzy
- Dry cough
- Feeling tired/weak
- Many trips to the bathroom at night
- Not hungry
- Short of breath
- Swollen ankles and legs
- Swollen stomach

Every Day

1. Weigh yourself in the morning and write it down in your log.
2. Take your medication as prescribed.
3. Eat less salt (*no more than 1500 milligrams (mg) a day per American Heart Association. Read your labels.*)
4. Limit your fluid to: 6 to 8 glasses a day or amount set by your doctor.
5. Check for swelling in your feet, ankles, hands and stomach.
6. Balance activity and rest times.

WHAT ZONE ARE YOU IN TODAY?

GREEN, YELLOW, OR RED?

Green Zone: All Clear

- No chest pain
- No shortness of breath
- No weight gain
- No swelling

Green Zone Means:

Your symptoms are under control, keep taking your medications, keep weighing, follow salt and fluid diet and keep all doctor appointments.

Yellow Zone: Caution

- Coughing more
- Feeling tired
- Short of breath
- Sleeping on more pillows
- Swelling more
- Weight gain of 3 or more pounds

Yellow Zone Means:

Your symptoms may mean your medicine needs adjusting. Call your home health nurse or doctor.

Home health # : _____ Doctor #: _____

Red Zone: Medical Alert

- Confusion or can't think clearly
- Severe chest pain
- Struggling to breathe
- Weight gain of more than 5 pounds

Red Zone Means:

You need to be seen by your doctor right away. Call your doctor right away if can't contact call 911.

Physician's Name: _____ Number: _____