

Heart Failure Zones

Do these EVERY DAY:



- ✓ Weigh yourself before breakfast
- ✓ Take ALL medications as prescribed
- ✓ Check for swelling in your feet, ankles, legs, and stomach
- ✓ Limit sodium in your diet as prescribed by your healthcare provider (read food labels for sodium content)



● ALL CLEAR—This zone is your goal

You do not have symptoms or they are mild

- ✓ No new or worsening:
 - ✓ Shortness of breath
 - ✓ Fatigue/tiredness



● CAUTION—This zone is a warning zone

Call your Nascentia nurse first at 315-477-4663 with these symptoms

- ✓ Weight gain of 2 pounds overnight or 5 pounds in a week or whatever amount you are told to report
- ✓ Have new or worsening:
 - ✓ Shortness of breath when active or at night when lying down
 - ✓ Persistent dry cough
- ✓ **Are you feeling blue? (Feel uneasy, anxious, fearful, and know something is not right)**



● EMERGENCY

Go to the emergency room (do not drive yourself) or call 911

- ✓ Struggle to breathe or are short of breath while sitting still
- ✓ Have chest pain that is new or gets worse
- ✓ Unable to focus, drowsy, or cannot think clearly
(Caregiver observes increased confusion)

Nurse:

Phone: ()

PCP:

Phone: ()

Heart Doctor:

Phone: ()