

MANAGING MY CONGESTIVE HEART FAILURE (CHF) AT HOME

Green Zone – I am having a GOOD day!

- Breathe easily and have energy
- No swelling in your ankles or legs
- No weight gain
- No decrease in your ability to maintain a normal activity level

Actions to continue:

- Your symptoms are under control
- Continue your usual activities
- Take your medicine every day
- **Weigh yourself every day** in the morning after emptying your bladder and keep a record of these daily weights
- Follow a low salt diet
- Keep all physician appointments

Yellow Zone – I am having a BAD day!

- More short of breath than usual, especially when lying flat
- Increased fatigue, weakness and more tired
- Dry, nagging cough/night time coughing
- Weight gain of 2 pounds in 24 hours OR 3 to 5 pounds in 1 week
- Feet, ankles, legs or stomach swelling more than usual (shoes or pants may be tight)
- Dizziness or lightheadedness when you rise
- Nausea or lack of appetite
- Irregular or rapid heartbeat

Actions to take:

- Your symptoms may indicate that you need an adjustment in your medications
 - **DO NOT WAIT** and hope your symptoms improve
 - Call your physician
- Physician Number _____

Red Zone – I am having a VERY BAD day!

- Severe shortness of breath
- Feel dizzy or faint
- Feel scared about not being able to breathe
- Sudden or severe chest pain or pressure
- Frothy sputum

Actions to take:

- You need to be evaluated by a physician right away!
- Call 911
- Get to the nearest Emergency Room