



Check weight daily

- Weigh yourself in the morning before breakfast. Write it down. Compare your weight today to your weight yesterday.
Follow your health care provider's instructions about how much fluid to drink.
Take your medicine exactly as recommended by your healthcare provider.
Check for swelling in your feet, ankles, legs and stomach.
Avoid excess salt by cooking at home and limiting processed foods.
Balance activity and rest periods.

Which zone are you in today? Green, Yellow, or Red

Green: Safe Zone

ALL CLEAR — This zone is your goal!

Your symptoms are under control. You have:

- No new or worsening shortness of breath
No chest discomfort, pressure, or pain.
No new or worsening swelling of your feet, ankles, legs, or stomach.
No weight gain of more than 4 lbs (2 kg) over 2 days in a row or 5 lbs (2.5 kg) in 1 week.

Yellow: Caution Zone

CAUTION – This zone is a warning!

Call your Health care provider if you have any of the following:

- You gain more than 4 lbs (2 kg) over 2 days in a row or 5 lbs (2.5 kg) in 1 week.
You have vomiting and/or diarrhea that lasts more than two days.
You feel more short of breath than usual.
You have increased swelling in your feet, ankles, legs, or stomach.
You have a dry hacking cough.
You feel more tired and don't have the energy to do daily activities.
You feel lightheaded or dizzy, and this is new for you.
You feel uneasy, like something does not feel right.
You find it harder for you to breathe when you are lying down.
You have to sleep sitting up or with extra pillows.

Your Health Care provider \_\_\_\_\_ Phone number \_\_\_\_\_

RED: DANGER ZONE

EMERGENCY – This zone means act fast!

Go to the nearest emergency room or call 911 if you have any of the following:

- You are struggling to breathe.
Your shortness of breath does not go away while sitting still.
You have a fast heartbeat that does not slow down when you rest.
You have chest pain that does not go away with rest or with medicine.
You are having trouble thinking clearly or are feeling confused.
You have fainted.

The Saskatchewan Health Authority gratefully acknowledges Cardiac Services BC and the experts at British Columbia's Heart Failure Network as the original creators of the resource.

