

Congestive Heart Failure (CHF)

Daily Self Check

Green Zone CONTINUE DAILY ROUTINE



Physical activity level is normal for you



No new or worsening shortness of breath or chest pain



No new swelling in legs or feet



Weight is stable

Instructions:

Continue meds as directed

Continue daily weight checks (same clothes, time & scale)

Continue low sodium diet

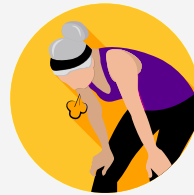
Continue daily activities

Keep follow up appointments

Yellow Zone CAUTION! CHECK WITH YOUR CARE PROVIDER



Trouble sleeping due to shortness of breath or cough



Worsening shortness of breath with activity



Increased swelling in legs, ankles and feet



Weight gain of more than 2-3 pounds in 24 hours or 3-5 pounds in 1 week.

source: AAFP

Instructions: **Call your care provider today to report changes.**

You may need a change in your medications or you may need to be seen by your care provider.

Red Zone WARNING! TAKE ACTION - CALL 911!



New or worsening dizziness or confusion



Shortness of breath at rest and/or cannot lie down



Frequent cough



Weight gain of more than 3 pounds in 24 hours or more than 5 pounds in 1 week.



Irregular or fast pulse



See a care provider or call 911 right away!