

# CONGESTIVE HEART FAILURE (CHF)

## Daily Self Check

Please follow the guide below to help monitor your health and determine if and when you should contact your provider. If you are ever in doubt, please call your provider or 911 for immediate assistance.

### 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 - GO TO THE EMERGENCY DEPARTMENT



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 today or go to the emergency department!**