



# Heart Failure Action Plan

**Do not guess. Call your doctor if you have any questions about this plan.**

<b>Green Zone: Doing Well</b>	<p><b>Your goal weight is:</b> <input style="width: 300px; height: 20px;" type="text"/></p> <p>You are in the <b>Green Zone</b> if:</p> <ul style="list-style-type: none"> <li>• You have no shortness of breath, no swelling, no weight gain, no chest pain, or no decrease in your ability to maintain your activity level</li> </ul> <p>The <b>Green Zone</b> means that your symptoms are under control and you should:</p> <ul style="list-style-type: none"> <li>• Continue taking your medications as ordered</li> <li>• Continue weighing yourself daily</li> <li>• Follow your 2-gram sodium diet and fluid restrictions</li> <li>• Keep all your doctor and blood draw appointments</li> </ul>
<b>Yellow Zone: Caution Call Your Doctor</b>	<p>You are in the <b>Yellow Zone</b> if you have any of the following:</p> <ul style="list-style-type: none"> <li>• Weight gain: 2 pounds or more in a day, or 4 pounds or more in one week</li> <li>• New cough or wheezing</li> <li>• Shortness of breath with activity</li> <li>• Decrease in urine output</li> <li>• Change in your appetite (you are eating less but not losing weight)</li> <li>• Worsening tiredness</li> <li>• Increased swelling in your ankles, feet or belly (abdomen)</li> <li>• Trouble breathing when lying flat (need to sit in chair or use more pillows to sleep)</li> </ul> <p><b>How to call?</b>  Mon-Fri: 8:00am to 5:00pm call <b>(888) 287-1082</b>.  After 5:00pm, on weekends or holidays call: <b>(734) 936-6267</b> and ask the operator to page your heart doctor.</p>
<b>Red Zone: Call 911</b>	<p><b>Call 911 immediately if you have any of the following:</b></p> <ul style="list-style-type: none"> <li>• Chest tightness at rest</li> <li>• Unrelieved chest pain</li> <li>• Persistent, severe cough or wheezing</li> <li>• Confusion</li> <li>• Fainting spell</li> <li>• Shortness of breath when you are at rest</li> </ul>

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