



Congestive Heart Failure Management

Green Zone: "I Feel Well"

Goal Weight: _____

I have:

- no shortness of breath or chest pain
- no swelling
- no weight gain
- I am able to maintain my normal activity level

Green Zone: What should I do?

- Continue taking medications as prescribed
- Continue doing daily weights
- Continue to follow a low-salt diet
- Keep all medical appointments

Yellow Zone: "I Feel Different"

When I have **any** of the following:

- weight gain of 3 pounds (1.4 kilograms) or more
- increased cough
- increased swelling
- increased in shortness of breath with activity
- increase in the number of pillows needed
- anything else unusual that is worrying

Yellow Zone: What should I do?

- I may need my medications adjusted so I need to **call the ICC Coordinator:**
905-522-2324 (Hamilton local) or
1-877-611-0669 (Toll free)

Instructions:

Red Zone: "I am in Danger"

1. I have unrelieved shortness of breath or shortness of breath at rest
2. I have unrelieved chest pain
3. I feel confused
4. I have wheezing or chest tightness at rest
5. I need to sit in chair to sleep
6. I have weight gain or loss of 5 pounds (2.3 kilograms) or more

Red Zone: What should I do?

- If I have 1., 2., or 3., call 911 or my local emergency number right away.
- If I have 4., 5., or 6., call my doctor or health care provider right away

Doctor: _____

Number _____

