

Hoag Heart Failure Management Tool

Everyday	<ul style="list-style-type: none">• Weigh yourself in the morning after urinating and before breakfast• Record your weight• Take your medication as prescribed• Limit salt to 2,000 mg. of sodium each day• Look for swelling in your feet, ankles and abdomen• Balance your daily activities with rest• Limit fluids per your doctor's recommendations	
Green Zone This is where you want to be	<ul style="list-style-type: none">• No shortness of breath or trouble breathing• No weight gain of more than 2 lbs. in one day or 5 lbs. in one week• No swelling in your feet, ankles or stomach• No chest pain or discomfort	<i>If each point is true, no action is needed.</i>
Yellow Zone Call today	<ul style="list-style-type: none">• Weight gain of 2 lbs. in one day or 5 lbs. in a week• Worsening shortness of breath at rest or with activity• Increased swelling of your feet, ankles, or abdomen• Feeling more tired OR a sudden decrease in your ability to do your usual activities• Persistent cough or chest congestion• Increased shortness of breath when lying down	<i>If your answer is YES to one or more of these points, call your doctor's office today.</i>
Red Zone Emergency Call 9-1-1	<ul style="list-style-type: none">• You are struggling to breathe and it does not go away when you sit up• You have chest pain or chest discomfort• New confusion or can't think clearly• Fainting or near fainting	<i>If you have ANY of these symptoms, call 9-1-1 IMMEDIATELY.</i>