




# Heart Failure Stoplight — When to Call

## How will I know how I'm doing and when to call?

<p><b>All Clear Zone</b></p> 	<p><b>This is the safety zone if you have:</b></p> <ul style="list-style-type: none"> <li>✓ No shortness of breath</li> <li>✓ No weight gain more than 2 pounds (it may change 1 or 2 pounds some days)</li> <li>✓ No swelling of your feet, ankles, legs or stomach</li> <li>✓ No chest pain</li> </ul>
<p><b>Warning Zone</b></p> 	<p><b>Call your health care provider if you have:</b></p> <ul style="list-style-type: none"> <li>⚠ Weight gain of 3 pounds in 1 day or 5 pounds in 1 week</li> <li>⚠ More swelling of your feet, ankles, legs or stomach</li> <li>⚠ Difficulty breathing when lying down. Feeling the need to sleep up in a chair.</li> <li>⚠ Feeling uneasy or you know something is not right</li> <li>⚠ No energy or feeling more tired</li> <li>⚠ More shortness of breath</li> <li>⚠ Dry hacking cough</li> <li>⚠ Dizziness</li> </ul>
<p><b>Medical Alert Zone</b></p> 	<p><b>Go to the emergency room or call 911 if you have:</b></p> <ul style="list-style-type: none"> <li>⚠ A hard time breathing</li> <li>⚠ Unrelieved shortness of breath while sitting still</li> <li>⚠ Chest pain</li> <li>⚠ Confusion or can't think clearly</li> </ul>

Source: This material is adapted from similar tools including that offered by Alliant Quality's "Zone Tool Heart Failure" and Improving Chronic Illness Care's "Red-Yellow-Green Congestive Heart Failure Tool."