




Heart Failure Stoplight — When to Call

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

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

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](#)."