



HEART FAILURE: Know and Follow Your Signals



Keep going if you have no:

- *Shortness of breath
- *Swelling
- *Weight gain
- *Decrease in your ability to maintain your activity level

GREEN MEANS

- *Your symptoms are under control
- *Continue taking all your medications as ordered
- *Follow your low-salt diet
- *Keep all doctor appointments



Go with caution if you have 2 or more of these warning signs:

- Increased weight ~ 2 lbs/per day
5 lbs/per week
- Increased cough when lying down or after activity
- Increased swelling of hands, ankles, feet or legs
- Increased shortness of breath with activity
- Increased use of pillows or need to sit in a chair to sleep
- Chest pain
- Unusual symptoms that bother you

YELLOW MEANS

- Your symptoms may show you need a change in your medications
- *CALL YOUR DOCTOR ~ your doctor may want to adjust your medication



Stop and **CALL YOUR DOCTOR** if you have:

- *No relief from chest pain
- *No relief from shortness of breath with activity
- *Shortness of breath at rest
- *Wheezing or chest tightness at rest

RED MEANS

- *You need to be evaluated by a doctor right away!
- *CALL YOUR DOCTOR IMMEDIATELY!