



<p>Green Zone: All Clear</p> <p>You have:</p> <ul style="list-style-type: none">• No new or worsening shortness of breath• No new or worsening swelling of your feet or legs• No weight gain (Goal Weight _____)• No chest pain or tightness• No decrease in your ability to maintain your activity level	<p>Green Zone Means:</p> <p>Your symptoms are under control.</p> <ul style="list-style-type: none">• Continue taking your medications as ordered.• Continue daily weights.• Follow low-salt diet.• Keep all physician appointments.
<p>Yellow Zone: Caution – Contact PCP/Home Health Nurse</p> <p>Symptoms:</p> <ul style="list-style-type: none">• Weight gain of 3 or more pounds• Increased cough• Increased swelling of feet or legs• Increase in shortness of breath with activity• Increase in the number of pillows needed to sleep at night• New or more frequent chest pain or tightness• New onset of dizziness or lightheadedness after standing up	<p>Yellow Zone Means:</p> <p>Your symptoms may mean that you need an adjustment of your medications.</p> <p>Call your PCP/ home health nurse:</p> <p>Name: _____</p> <p>Number: _____</p>



**Red Zone: Medical Alert –
Contact Your Nurse or
Physician**

Symptoms:

- Unrelieved shortness of breath or shortness of breath at rest
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Need to sit in chair to sleep
- Weight gain or loss of more than 5 pounds
- Confusion
- A fall related to dizziness or lightheadedness

Red Zone Means:

You may need to be evaluated by a physician right away.

Call your home health nurse or physician right away:

Name: _____

Number: _____