



Zone Tool

Heart Disease

Green Zone

ALL CLEAR (GOAL)

- No problem breathing
- No swelling of feet, ankles or legs
- No increase in baseline weight
 - Your goal weight: _____ pounds
- No chest pain
- Able to do usual activities

Doing Great!

- Your symptoms are under control
- Actions:
 - Take medicines as ordered
 - Weigh self every day
 - Maintain healthy weight
 - Eat foods lower in salt
 - Stop smoking
 - Limit alcohol
 - Keep all doctor appointments

Yellow Zone

WARNING

If you have any of the following:

- New or increasing chest pain that goes away on its own
- Pain or discomfort in arms or shoulders
- Shortness of breath or coughing with activity
- Extra pillows to sleep
- Three-pound weight gain in one day
 - Other _____
- Swelling of feet, ankles or legs
- More tired

Act Today!

- You may need your medicines changed
- Actions:
 - **Call your home health nurse**

(agency's phone number)
 - **Or call your doctor**

(doctor's phone number)

Red Zone

EMERGENCY

- Chest pain or tightness that does not go away
- Pain or discomfort in jaw, neck or back
- Sweating or nausea
- Pain continues or comes back after taking Nitro tablets
 - Dose _____
- Trouble breathing at rest
- Must sit up to breathe
- Five-pound weight gain in one week
- Swelling of hands or face
- Weak, lightheaded or faint
- Women: stomach and/or upper back pain

Act NOW!

- You need to be seen right away
- Actions:
 - **Call your doctor**

(doctor's phone number)
 - **Or call 911**