

# GREEN LIGHT TO GO!

## CONGESTIVE HEART FAILURE (CHF) ZONES

**EVERY DAY**

- Weigh yourself in the morning before breakfast.
- Take your medicine as prescribed.
- Check your feet, ankles, legs, and stomach for swelling.
- Eat food low in salt and avoid drinking too much fluid.
- Balance activity and rest periods.

Which ZONE are you in today? ● GREEN ● YELLOW ● RED

**GREEN ZONE**

**ALL CLEAR: This is your goal zone.**

- Shortness of breath at baseline.
- Swelling is at baseline.
- Maintain current weight. (Weight may change one to two pounds some days.)
- No chest pain.
- You are able to maintain your normal activities.

**YELLOW ZONE**

**WARNING ZONE: Call your physician.**

- Weight gain of three or more pounds in two days.
- More shortness of breath.
- More swelling.
- More cough.
- More pillows needed to sleep.

**RED ZONE**

**MEDICAL ALERT ZONE: Call 911 if you have:**

- Shortness of breath that does not go away, shortness of breath at rest, or waking up from sleep gasping for breath.
- Chest pain that does not go away.
- Wheezing or chest tightness at rest.
- Weight gain or loss of more than eight to ten pounds in two days.
- Confusion.
- Abnormally low blood pressure.

Provider: \_\_\_\_\_

Number: \_\_\_\_\_

GULF COAST VETERANS HEALTH CARE SYSTEM | MMS, 18-121B, 2/2018V

**VA**



U.S. Department of Veterans Affairs  
Veterans Health Administration  
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