



Symptom Alert Guide: Congestive Heart Failure

	Symptoms you should watch:	What you should do:
ALL CLEAR	GREEN ZONE Symptoms <ul style="list-style-type: none">• No shortness of breath• No swelling• No weight gain• No new or increased tiredness	GREEN ZONE means you should: <ul style="list-style-type: none">• Continue taking your medicines• Follow low salt diet• Go to your appointments with the doctor• Continue your daily exercise program Good job! Your symptoms are under control
CAUTION	YELLOW ZONE Symptoms <ul style="list-style-type: none">• Increased weight gain (2 lbs. overnight or 3-4 lbs. in 1-2 days)• Increased cough• Increased swelling• Increased shortness of breath with activity• Dizziness or fainting• Bleeding or bruising easily• Pain in abdomen or bloating• Difficult sleeping without multiple pillows or in a chair• Decrease in your ability to do normal activity• Anything else unusual that bothers you	YELLOW ZONE means you should: <ul style="list-style-type: none">• Call MedStar VNA and/or your physician MedStar VNA Phone: 800-862-2166 Your Doctor's Phone: Your symptoms could mean that your medicines should be adjusted.
DANGER	RED ZONE Symptoms <ul style="list-style-type: none">• Unrelieved shortness of breath• Any chest pain (if not taking Nitro tablets)• Chest pain not relieved or recurs after taking Nitro tablets twice	RED ZONE means you should: CALL 911