

HEART FAILURE

STOPLIGHT MANAGEMENT PLAN



EMERGENCY!



CAUTION



ALL CLEAR

Red Zone: Emergency (If you experience the below symptoms)
Seek Emergency Help!! Call 911, Go to FHCC ED or nearest ED

- Frequent dry hacking cough
- Shortness of breath at rest
- Increased discomfort or swelling in the lower body
- Sudden weight gain of more than 2 to 3 lbs in a 24 hr period or 5 lbs in one week.
- New or worsening dizziness, confusion, sadness or depression
- Loss of appetite
- Increased trouble sleeping and cannot lie flat

Yellow Zone: Caution (If you experience the symptoms below)
You may need an adjustment of your medications.

Call Nurse Triage Line: 1-224-610-2920

(available 24 hours a day 365 days, including holidays)

- Dry dry hacking cough
- Worsening Shortness of breath with activity
- Increased swelling of feet, legs and ankles
- Weight gain of 3 or more lbs in 2 days
- Discomfort or swelling in the abdomen
- Trouble sleeping

Green Zone: All Clear (Your symptoms are under control)

Continue taking your medications, taking daily weights, following low salt diet and keeping all physician appointments.

- No new or worsening shortness breath
- No new swelling; feet and legs look normal for you
- No weight gain
- No chest pain
- Usual activity

