



Zone Tool

Heart Disease

Green Zone

ALL CLEAR (GOAL)

- No problem breathing
- No swelling of feet, ankles or legs
- No increase in 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:

- Chest pain or discomfort
- Pain or discomfort in arms or shoulders
- Short of breath or coughing with activity
- Extra pillows to sleep
- 3 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
- 5 pound weight gain in 1 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**