



We're in it
with you.

accompanyhealth

Heart Failure: Know Your Zones



Green Zone

You are good!

- ✓ No problem breathing
- ✓ No chest pain or pressure
- ✓ No swelling in the legs, feet, or stomach
- ✓ No weight gain of more than 2 pounds in 1 day
- ✓ No weight gain of 5 pounds in 1 week
- ✓ Able to do usual daily activities



Yellow Zone

We are worried.
CALL or TEXT us!

- ⚠ Weight gain of more than 2 pounds in 1 day
- ⚠ Weight gain of 5 pounds in 1 week
- ⚠ Vomit or have diarrhea for more than 2 days
- ⚠ Swelling in your legs, feet, or stomach
- ⚠ Hard time breathing
- ⚠ Can't breathe when you lie down
- ⚠ Need to sleep with more pillows or sitting up in a chair
- ⚠ Have dry hacking cough
- ⚠ Feel dizzy or lightheaded
- ⚠ Feel tired and can't do your normal activities



Red Zone

**Go to the emergency room
as soon as possible.**

On your way to the emergency
room, please call us so we can
help Accompany you.

- ⚠ Can't breathe
- ⚠ Hard time breathing even when sitting still
- ⚠ Fast heartbeat that does not slow down when you rest
- ⚠ Have chest pain that does not go away with rest or medicine
- ⚠ Trouble thinking clear
- ⚠ Are confused
- ⚠ Fainted

For questions or concerns about your heart failure, **TEXT** or **CALL** us at **(313) 546-0900**.