

Patient: _____
 Doctor: _____
 Emergency contact: _____

Date: _____
 Phone: _____
 Phone: _____

GREEN ZONE: Symptoms in control

- No shortness of breath.
- No increase in swelling.
- No chest pain.
- No weight gain, staying at _____ lbs. or less.
- Normal activity level.

Actions:

- Take medicines as directed.
- Weigh yourself every day at the same time.
- Follow a low-salt diet.
- Maintain normal activity level.
- Don't smoke. Avoid alcohol.

Daily medicine: _____	Dose: _____	Time: _____
Daily medicine: _____	Dose: _____	Time: _____
Daily medicine: _____	Dose: _____	Time: _____
Daily medicine: _____	Dose: _____	Time: _____
Daily medicine: _____	Dose: _____	Time: _____
Daily medicine: _____	Dose: _____	Time: _____
Additional instructions: _____		

YELLOW ZONE: Caution — take action now

- Weight between _____ lbs. and _____ lbs.
- Increased swelling in ankles, legs, or stomach.
- Increased cough.
- Feeling of fatigue.
- Increased shortness of breath with activity, but gets better at rest.
- Need more pillows to sleep.

Actions: Call your doctor's office to see if you need to change your medicine. Add these medicines if your doctor recommends them:

Additional medicine: _____	Dose: _____	Time: _____
Additional medicine: _____	Dose: _____	Time: _____
Additional medicine: _____	Dose: _____	Time: _____
Additional instructions: _____		

RED ZONE: Out of control — get medical help

- Yellow zone symptoms don't improve after talking to your doctor.
- Shortness of breath even at rest.
- Wheezing or tight chest at rest.
- Need to sit in a chair to sleep.
- Dizziness, extreme fatigue, or falling.
- Weight over _____ lbs.

Actions: Call your doctor now. You need immediate medical attention.