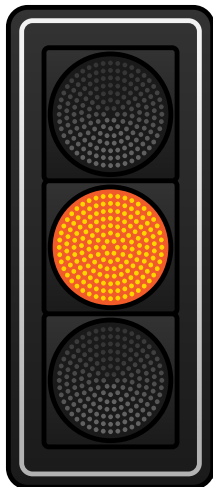


Green Light: Go

- **Breathing:** No shortness of breath or trouble breathing at rest or with minimal activity
- **Weight:** No weight gain
- **Swelling:** No swelling in your feet, ankles, or legs

Action Plan

- Plan time every day for walking or other activities, unless your health care provider has given you other instructions
- Take all medications as directed
- Continue to weigh yourself every day
- Eat low-sodium diet
- If you smoke or chew tobacco, you must quit

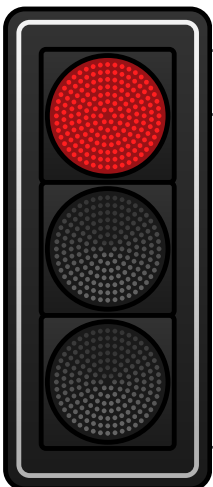


Yellow Light: Caution

- **Breathing:** Shortness of breath at rest, with minimal activity, or while lying flat, and having to sleep with multiple pillows or sitting upright
- **Weight:** Weight gain of 2-3 pounds in one day, or 5 pounds within a week (whichever amount you were told to report)
- **Swelling:** Any signs of swelling in feet, ankles, legs or abdomen
- **Fatigue:** Constant feeling of tiredness
- Decrease in how much you urinate

Action Plan

- Call your health care provider if you have any of these symptoms



Red Light: Emergency

- **Breathing:** Very short of breath, speaks in single words, struggling to breathe, sitting hunched forward
- **Weight:** Weight gain of more than 5 pounds within a week
- **Swelling:** Severe swelling in feet, ankles, legs or abdomen
- **Pain:** New onset of chest pain
- New onset of confusion

Action Plan

- Call **911** now
- You need to see a health care provider immediately if you have any of these symptoms

Reference:

Banner Health Cardiology Clinical Consensus Group (2020)

This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions.