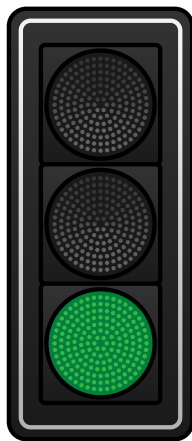


- ✓ Record Weight Daily – same scale, same time
- ✓ Take Blood Pressure and Heart Rate Daily – be consistent with time of day
- ✓ Limit amount of Sodium to 2gm/day (2,000mg)
- ✓ Monitor fluid intake and follow fluid restriction of 2L/day (68oz)
- ✓ Daily Symptom Tracking – How do I feel today compared to yesterday?
- ✓ Aim for at least 30-60 minutes of activity each day (can be broken up into intervals)
- ✓ Call your cardiac provider with any questions or concerns
- ✓ **Notify your provider immediately if you enter the “Yellow Zone or Red Zone” for further evaluation.**

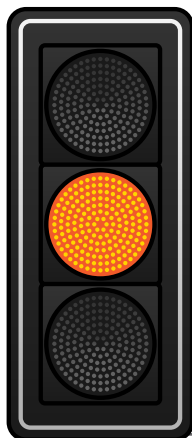


### Green Light: No problems

- No weight gain
- No swelling in your feet, ankles, legs or stomach area
- No shortness of breath or trouble breathing either at rest or with minimal exercise
- No chest pain
- Plan time EVERY DAY for walking or other activity, unless your doctor has given other instructions.

### Action Plan

- Continue to take all medications as directed
- Continue to weigh yourself every day
- Eat a LOW-SODIUM DIET
- Keep the appointments listed on the discharge form given to you
- If you smoke or chew tobacco, you must quit

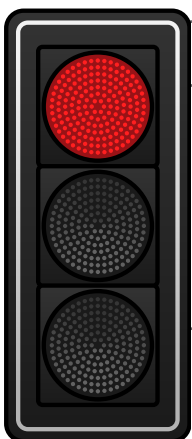


### Yellow Light: Caution Beware of

- SUDDEN weight gain of 2 to 3 pounds in one day, or 5 pounds in a week, whichever amount you are told to report
- Swelling in feet, ankles, legs or stomach area
- A decrease in how much you urinate
- Shortness of breath or trouble breathing at rest
- Trouble sleeping
- Having to sleep with more pillows or sitting up
- Worsening fatigue or constant feeling of tiredness
- Frequent or worsening cough

### Action Plan

- Call your doctor or health care provider if you have any of the symptoms listed
- Your doctor may need to adjust your medications



### Red Light: Medical Alert!

- Weight gain of more than 5 pounds within a week
- Severe swelling in feet, ankles, legs or abdomen
- Unrelieved shortness of breath or severe breathing trouble
- Chest pain
- Need to sleep sitting straight up
- Confusion

### Action Plan

- You need to see a doctor immediately if you have any of these symptoms!
- Call **911** if you cannot reach your doctor

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