

# My Action Plan for Heart Failure

<b>EVERY DAY</b>	<b>Things I Will Do Every day:</b> <ul style="list-style-type: none"> <li>• Weigh myself in the morning before breakfast and write down my weight.</li> <li>• Take my medicine the way my doctor told me to, even if I feel good.</li> <li>• Check for swelling in my feet, ankles, legs and stomach.</li> <li>• Eat low-salt food; do not add salt to my food.</li> <li>• Balance activity and rest periods.</li> </ul>	
<b>GREEN ZONE</b>	<b>I Feel Normal for Me</b> <ul style="list-style-type: none"> <li>• No problems breathing or it is no harder to breathe than usual.</li> <li>• My weight is no more than 2 pounds greater than yesterday.</li> <li>• No swelling or no added swelling of my feet, ankles, legs or stomach.</li> <li>• No chest pain.</li> </ul>	<b>Action – I Will:</b> Keep doing the things I do every day.
<b>YELLOW ZONE</b>	<b>Caution – I Feel Worse</b> <ul style="list-style-type: none"> <li>• My weight is 3 pounds more than yesterday or 5 pounds more this week.</li> <li>• More problems breathing than usual.</li> <li>• More swelling of my feet, ankles, legs or stomach than usual.</li> <li>• Worsening cough.</li> <li>• Dizziness.</li> </ul>	<b>Action – I Will:</b> <ol style="list-style-type: none"> <li>1. Call my main caregiver                _____                 Phone # _____</li> <li>2. Then I will:               <ul style="list-style-type: none"> <li>• Avoid the things that make my breathing worse.</li> <li>• Limit the amount of fluids I drink to 2 liters a day or _____ cups a day.</li> <li>• Limit the amount of salt I eat.</li> <li>• Take my medicines the way my doctor told me to.</li> </ul> </li> <li>3. <b>If I still do not feel better, then I will:</b>                Call my doctor _____                Phone # _____                Call my home health nurse                Phone # _____</li> </ol>
<b>RED ZONE</b>	<b>Danger – I Feel Much Worse</b> <ul style="list-style-type: none"> <li>• I feel I am in danger.</li> <li>• I have chest pain.</li> <li>• I find it hard to breathe while I am resting.</li> <li>• I feel very sleepy or confused.</li> <li>• My weight is 5 pounds more than yesterday.</li> </ul>	<b>Action – I Will:</b> Call 911