

CHF Education Tool



Green Zone: I Am Doing Well Today

- No shortness of breath
- No swelling
- No weight gain
- No chest pain
- No decrease in ability to maintain activity level



Yellow Zone: Bad Day Or CHF Flare

- Weight gain of 3 or more pounds
- Increased cough
- Increased swelling
- Increased shortness of breath
- Increased number of pillows needed
- Anything unusual that bothers you



Red Zone: Medical Alert

- Unrelieved shortness of breath (shortness of breath at rest)
- Wheezing and chest tightness at rest
- Need to sit in chair to sleep
- Weight gain or loss of more than 5 pounds
- Confusion



C E N T R A

Home Health

Lynchburg

434.200.4111

Farmville

434.315.2550

AtHomeWithCentra.com

Action Plan



Green Zone Actions

- Symptoms under control
- Continue medications as ordered
- Continue daily weights
- Follow low-salt diet
- Keep all physician appointments



Yellow Zone Actions

- Your symptoms may indicate you need adjustment of medications
- Call your physician



Red Zone Actions

- **Call 911!!!**

Please have family notify your physician if you go to the emergency room or are hospitalized.



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