

## **EMERGENCY - This zone is an emergency**

**Go to the emergency department or call 911 if you:**

- Can't do normal activities at all due to symptoms
- Are short of breath, even when sitting still
- Have chest pain that doesn't get better when you rest or take nitroglycerin
- Are confused or unable to think clearly
- Faint or pass out
- Can't get enough breath to talk
- Feel a rapid, racing heartbeat that doesn't stop

## **CAUTION - This zone is a warning**

**Call the Heart Failure Center, your cardiologist or medical doctor if you:**

- Feel that normal activities are harder due to symptoms
- Gain 2-3 pounds in one day, or 5 pounds over one week
- Are more short of breath than usual
- See more than usual swelling of feet, ankles, legs or stomach
- Have a dry hacking cough
- Are dizzy
- Have an uneasy feeling - you know something is "not right"
- Have a hard time breathing when lying down (need to sleep in chair or use extra pillows)

## **ALL CLEAR - This is your goal**

**Your symptoms are under control. You:**

- Are able to do normal activities
- Have no shortness of breath, or no unusual shortness of breath
- Have no weight gain, or gain less than 2 pounds in one day
- Have no swelling, or no unusual swelling, of your feet, ankles, legs or stomach
- Have no chest pain

**An activity I do daily is \_\_\_\_\_**

If you have questions about signs or symptoms, contact your doctor or the Heart Failure Center at **717-231-8445**.

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