



Heart Disease Zone Tool

GREEN ZONE

ALL CLEAR (GOAL)

- No problem breathing
- No swelling of feet, ankles or legs
- No increase in weight
- Your goal weight: pounds
- No chest pain
- Able to do usual activities

Doing Great!

- Your symptoms are under control

Actions:

- Take medicines as ordered
- Weigh self every day
- Maintain healthy weight
- Eat foods lower in salt
- Stop smoking
- Limit alcohol
- Keep all doctor appointments

YELLOW ZONE

CAUTION (WARNING)

If you have any of the following:

- Chest pain or discomfort
- Pain or discomfort in arms or shoulders
- Short of breath or coughing with activity
- Extra pillows to sleep
- 3 pound weight gain in one day
- Other
- Swelling of feet, ankles, or legs
- More tired

Act Today!

- You may need your medicines changed

Actions | Call your:

- Home Health Nurse

(Phone Number)
- Doctor

(Phone Number)



RED ZONE

EMERGENCY

- Chest pain or tightness that does not go away
- Pain or discomfort in jaw, neck, or back
- Sweating or nausea
- Pain continues or comes back after taking Nitro tablets dose =
- Trouble breathing at rest
- Must sit up to breathe
- 5 pound weight gain in 1 week
- Swelling of hands or face
- Weak, lightheaded, or faint
- Women: stomach and/or upper back pain

You need to be seen right away

Actions:

- Call your doctor
- Doctor
- Or call 911