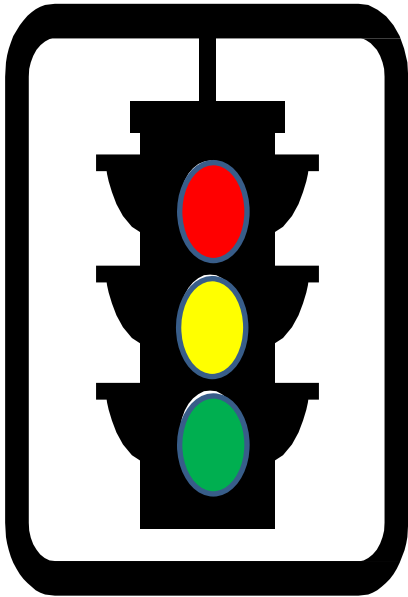


Patient Action Plan for Heart Failure (CHF): Signs & Symptoms

Use this guide to help you report changes in your symptoms to your doctor or nurse. When you report symptoms early, you are less likely to have to go to the hospital for treatment.



**Family Doctor or
Nurse Practitioner:**

Phone Number:

**** If you do not have a family doctor or nurse practitioner, CCAC can help you find one. Call 1-888-447-4468 ****

Green Zone: I Feel Well

- My weight is stable
- I have no trouble breathing
- I can do my normal activities
- My symptoms have not changed

Yellow Zone: I Feel Different

Call your family doctor or nurse practitioner or go to the nearest walk-in clinic within 24 hours if you experience any of the following symptoms:

- My weight goes up 2 lbs (1 kg) in a day or 5 lbs (2.5 kg) in a week
- I have new swelling in my feet, ankles, hands or abdomen
- I have a dry, harsh cough that does not go away
- I use two or more pillows or a recliner to breathe better at night. (If this is different from how you usually sleep)
- I feel more tired or have less energy than usual
- I have side effects from my medications

Red Zone: I Need Help

Call your family doctor or nurse practitioner right away if you experience any of the following symptoms:

- I have trouble breathing
- I feel dizzy
- I feel very anxious

Call 911 for an ambulance if you experience any of the following symptoms:

- Severe shortness of breath
- Chest pain that does not go away