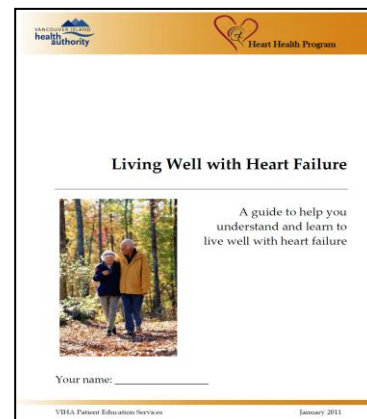


You have an important role in keeping your heart failure under control at home. You can do this by following the steps outlined on the next page.

Learn more about heart failure in the booklet “Living Well with Heart Failure: A guide to help you understand and learn to live with heart failure” available at:

[www.viha.ca/heart\\_health](http://www.viha.ca/heart_health)



Make a follow-up appointment with:

Your Family Doctor: \_\_\_\_\_

Within \_\_\_\_\_ days / weeks

Cardiologist/Internist: \_\_\_\_\_

Within \_\_\_\_\_ days / weeks

Other: \_\_\_\_\_

Within \_\_\_\_\_ days / weeks

## Heart Health Resources

Ask your doctor about a referral to one of the <b>VIHA Heart Function Clinics</b> : <ul style="list-style-type: none"> <li>• Victoria: 250.519.1601</li> <li>• Nanaimo: 250.740.6926</li> <li>• Campbell River: 250.850.2193</li> </ul>	<b>BC Heart Failure Network</b> Web: <a href="http://www.bcheartfailure.ca">www.bcheartfailure.ca</a>
	<b>Heart and Stroke Foundation</b> Tel: 1.888.473.4636 Web: <a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a>
<b>Victoria: Island Heart to Heart</b> Email: <a href="mailto:islandheart2heart@shaw.ca">islandheart2heart@shaw.ca</a>	Tel: 778.678.8423
<b>Nanaimo Heart Matters</b> Tel: 250.740.6926	<b>Port Alberni Heart Matters</b> Tel: 250.724.8824
<b>Campbell River Heart Matters</b> Tel: 250.850.2195	<b>Parksville Heart Matters</b> Tel: 250.947.8202
<b>HealthLinkBC :</b> Tel: 8.1.1 Tel: 7.1.1 (TTY) Web: <a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a>	
<b>Quit Now:</b> Tel: 8.1.1 Tel: 7.1.1 (TTY) Web: <a href="http://www.quitnow.ca">www.quitnow.ca</a>	

# Heart Failure Zones

## Check Weight Daily

- ♥ Weigh yourself in the morning before breakfast. Write it down. Compare your weight today to your weight yesterday.
- ♥ Keep the total amount of fluids you drink to only 6 to 8 glasses each day. (6-8 glasses equals 1500-2000 mL or 48-64 oz)
- ♥ Take your medicine exactly how your doctor said.
- ♥ Check for swelling in your feet, ankles, legs, and stomach.
- ♥ Eat foods that are low in salt or salt-free.
- ♥ Balance activity and rest periods.



## Which Heart Failure Zone Are You Today? Green, Yellow, or Red

### ALL CLEAR – This zone is your goal!

Your symptoms are under control.

You have:

- No shortness of breath.
- No chest discomfort, pressure, or pain.
- No swelling or increase in swelling of your feet, ankles, legs, or stomach.
- No weight gain of more than 4 lbs (2 kg) over 2 days in a row or 5 lbs (2.5kg) in 1 week.



### Safe Zone

### CAUTION – This zone is a warning

Call your Health Professional (eg. Doctor or Nurse) if you have any of the following:

- ▲ You gain more than 4 lbs (2 kg) over 2 days in a row or 5lbs (2.5kg) in a week.
- ▲ You have vomiting and/or diarrhea that lasts more than two days.
- ▲ You feel more short of breath than usual.
- ▲ You have increased swelling in your feet, ankles, legs, or stomach.
- ▲ You have a dry hacky cough.
- ▲ You feel more tired and don't have the energy to do daily activities.
- ▲ You feel lightheaded or dizzy, and this is new for you.
- ▲ You feel uneasy, like something does not feel right.
- ▲ You find it harder for you to breathe when you are lying down.
- ▲ You find it easier to sleep by adding pillows or sitting up in a chair.



### Caution Zone

Health Care Provider \_\_\_\_\_ Office Phone Number \_\_\_\_\_

### EMERGENCY – This zone means act fast

Go to emergency room or call 911 if you have any of the following:

- You are struggling to breathe.
- Your shortness of breath does not go away while sitting still.
- You have a fast heartbeat that does not slow down when you rest.
- You have chest pain that does not go away with rest or with medicine.
- You are having trouble thinking clearly or are feeling confused.
- You have fainted.



### Danger Zone