## Green Zone: All Clear

- No shortness of breath
- No swelling
- No weight gain
- No chest gain
- No decrease in your ability to maintain your activity level
- Have all prescriptions available

### Green Zone Means:
- Your symptoms are under control
- Continue taking your medications
- Continue daily weights
- Follow low salt diet
- Keep physician appointments

## Yellow Zone: Caution

If you have any of the following signs and symptoms:
- Weight gain of 3 or more pounds in 2 days or 5 pounds in 1 week
- Increased cough
- Increased swelling
- Increased in shortness of breath with activity
- Increased number of pillows needed
- Have less than 3 days of prescribed medications available
- Are not sure what medications to take today

### Yellow Zone Means:
- Your symptoms indicate that you need an adjustment in your medications
- Call your Care at Home nurse and/or your physician

Contact __________________________
Phone Number __________________________
(Please notify your Care at Home nurse if you contact or go see your MD)

## Red Zone: Medical Alert

If you have any of the following signs and symptoms:
- Unrelieved shortness of breath — shortness of breath at rest
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Need to sit up in a chair to sleep
- Weight gain or loss of more than 5 pounds in 2 days
- Confusion or change in ability to speak complete sentences
- If it is harder for you to walk your usual distance
- Have taken wrong dose or missed a dose of medication today

### Red Zone Means:
- This indicates that you need to be evaluated by a physician right away

Call your physician right away or call 911
(Please notify your Care at Home nurse if you go to the emergency room or are hospitalized)