

GREEN ZONE="ALL CLEAR"

- No shortness of breath
- No swelling
- No weight gain
- No new or increased tiredness

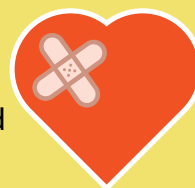


GREEN ZONE MEANS:

- Your symptoms are under control
- Continue taking your medications
- Follow low salt diet
- Keep doctor appointments
- Continue daily exercise program

YELLOW ZONE="CAUTION"

- Increased weight
- Increased cough
- Increased swelling
- Increased shortness of breath with activity
- Dizziness or fainting
- Unusual bleeding or bruising
- Pain in belly or bloating
- Decrease in ability to maintain normal activity
- Increased number of pillows needed to sleep or need to sleep in chair
- Anything else unusual that bothers you



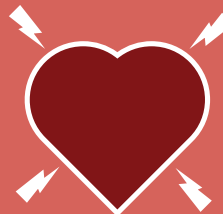
YELLOW ZONE MEANS:

- Your symptoms may indicate that you need an adjustment in your medications
- Call your doctor

Medstar VNA# _____

RED ZONE="MEDICAL ALERT"

- Any chest discomfort or pain that's not relieved by taking Nitroglycerin or that comes back after taking two doses of Nitroglycerin
- Discomfort in other areas of the upper body such as one or both arms, the back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Other signs of heart attack such as breaking out in a cold sweat, nausea or lightheadedness
- As with men, women may have chest pain during a heart attack, but women may also have symptoms such as shortness of breath, nausea, vomiting, jaw pain or back pain without chest pain



RED ZONE MEANS:

CALL 911

Primary Care Physician: _____
Number: _____

Cardiologist: _____
Number: _____