

HEART FAILURE ZONE TOOL

Every Day...

- ✓ Weigh every morning, after urinating, before dressing, eating, or drinking
- ✓ Eat low-sodium (salt) or No Salt added foods
- ✓ Take your medicine
- ✓ Avoid salt substitutes and seasonings with salt
- ✓ Balance activity and rest periods



ALL CLEAR ZONE

- 👍 No shortness of breath
- 👍 Weight change of only 1 or 2 pounds in 1 day
- 👍 No swelling in your feet, ankles, legs, or stomach
- 👍 No chest pain

WARNING ZONE.....

In Moore County, call your healthcare provider at 910-255-4400. If after hours, call 910-715-1000 and ask for PMC Primary Care doctor on call. In Lee County, call 919-774-6518, during or after hours. PMC Walk In Clinic is available in either county.

- 👎 Weight gain of 2 to 3 pounds in 1 day OR weight gain of 5 pounds or more over 3 days
- 👎 More swelling in your feet, ankles, legs or stomach
- 👎 Difficulty breathing when lying down or feeling the need to sleep in a chair
- 👎 Feeling uneasy; you know something is not right
- 👎 No energy or feeling more tired

MEDICAL ALERT ZONE.....

Call 911 for ANY DISTRESS including:

- ! Unrelieved shortness of breath while sitting still
- ! Chest discomfort, pain, or tightness
- ! Confusion or can't think clearly