

Managing Heart Disease at Home:

HOW DO I FEEL TODAY?

If you noticed any symptoms in the yellow zone, call your doctor. Do not wait until your symptoms are so severe you need emergency care.



GREEN ZONE:

**You are in control.
No action needed.**

- I feel normal.
- I can breathe as well as usual.
- I have no swelling in my feet, ankles, legs or belly.
- I can sleep as well as usual.
- I do not have chest pain.

YELLOW ZONE:

**Take action today.
Call your doctor or nurse practitioner within 24 hours.**

- I feel dizzy, light headed or fatigued.
- I have more trouble breathing than usual.
- I gained 2 pounds or more since yesterday, or 5 pounds in one week.
- I have trouble sleeping flat, and need extra pillows or to sleep in a chair.
- I have minimal chest pain.

RED ZONE:

**Take action now.
Go to the Emergency Room or call 911.**

- I am passing out or fainting.
- I suddenly cannot breathe or have trouble breathing after sitting for 10 minutes.
- I have new chest pain even after sitting for 10 minutes.

Do you need help managing your heart disease?

The experts at the University of Maryland Medical System can partner with you to help you live a healthier life. Get more information at umms.org/heart.