

(back)

**BRONSON** 

**Red Zone: EMERGENCY**

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

- struggling to breathe
- chest pain, tightness or heaviness
- confusion or cannot think clearly

**STOP**  
CALL 911

**Heart Failure Zones**

Name \_\_\_\_\_

Heart Doctor \_\_\_\_\_

Phone \_\_\_\_\_

Family Doctor \_\_\_\_\_

Phone \_\_\_\_\_

 **BRONSON**

(front)

**Heart Failure Zones**

**Yellow Zone: CAUTION**



Call your doctor's office if you have one or more of these symptoms:

- weight gain of three pounds in one day **OR**
- weight gain of five pounds or more in five days
- more shortness of breath than usual
- more swelling of your feet, ankles, legs or stomach than usual
- feeling more tired – no energy
- dry, hacking cough
- harder to breathe when lying down
- feeling uneasy – “you know something is not right”
- dizzy or lightheaded

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 **BRONSON**

outside

inside

J12448-1HeartFailureZonesCardV7.qxp (.pdf)  
(version 7) 8/17/09 dwb  
3.75" w X 5" h, 2-sided, fold in half  
(body copy is 13pt Times New Roman)