

Cardiac Care ACTION PLAN



Green Zone

- ♥ Feeling Well
- ♥ Breathing Easy
- ♥ No change in activity level
- ♥ Weight is stable

ALL CLEAR

- ♥ Keep up the good work
- ♥ Continue current treatment and monitoring

Yellow Zone

- ♥ Weight gain of 2 lbs. in 1 day or 5 lbs in 1 week
- ♥ Increase swelling
- ♥ Increased shortness of breath with activity
- ♥ Sleeping on more pillow at night to breathe easier
- ♥ Generally, not feeling well

Caution

- ♥ You may need a medication adjustment
- ♥ You may need a medication adjustment

Red Zone

- ♥ Shortness of breath
- ♥ You have wheezing or chest tightness at rest
- ♥ Weight is up more than 5 lbs in a day
- ♥ Dizziness or fainting
- ♥ Symptoms are severe

STOP
Get help now!

Call your IPR Healthcare nurse ASAP or 911

