Discharge information
Symptoms to look for when you go home from the hospital.

Green Zone
ALL CLEAR (GOAL)
• No problem breathing
• No swelling of feet, ankles or legs
• No increase in weight
  - Your goal weight: _________ pounds
• No chest pain
• Able to do usual activities

Doing Great!
• Your symptoms are under control
• Actions:
  – Take medicines as ordered
  – Weigh self every day
  – Maintain healthy weight
  – Eat foods lower in salt
  – Stop smoking
  – Limit alcohol
  – Keep all doctor appointments

Yellow Zone
WARNING
If you have any of the following:
• Chest pain or discomfort
• Pain or discomfort in arms or shoulders
• Short of breath or coughing with activity
• Extra pillows to sleep
• 3 pound weight gain in one day
  - Other _________________________
• Swelling of feet, ankles, or legs
• More tired

Act Today!
• You may need your medicines changed
• Actions:
  – Call your home health nurse
  __________________________
  (agency’s phone number)
  – Or call your doctor
  __________________________
  (doctor’s phone number)

Red Zone
EMERGENCY
• Chest pain or tightness that does not go away
• Pain or discomfort in jaw, neck, or back
• Sweating or nausea
• Pain continues or comes back after taking Nitro tablets dose = ____________
• Trouble breathing at rest
• Must sit up to breathe
• 5 pound weight gain in 1 week
• Swelling of hands or face
• Weak, lightheaded, or faint
• Women: stomach and/or upper back pain

Act NOW!
• You need to be seen right away
• Actions:
  – Call your doctor
  __________________________
  (doctor’s phone number)
  – Or call 911