

## GREEN - KEEP WATCH

Your weight has not increased/has increased by 4lb/2kg over 3 days but you agree with the statements below;



You are no more breathless than usual.



Your ankles are no more swollen than usual.



All of your other medical conditions are OK.



You are as active and mobile as you normally are.



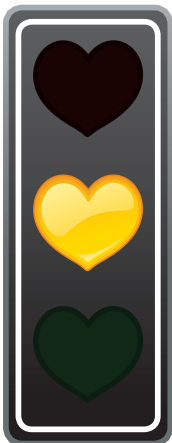
Your main carer's health is unchanged.

### WHAT SHOULD YOU DO?

There is no need for a review by the heart failure specialist team/GP/Practice Nurse apart from your regular reviews. However, you should be reviewed at least twice a year.



**JOIN OUR PATIENT AND CARER COMMUNITY - SCAN WITH YOUR DEVICE HERE**



## AMBER - STAY ALERT

Your weight has increased/had increased by 4lb/2kg over 3 days and/or one of the statements below is true;



You are feeling more breathless than usual.



Your legs are more swollen than before.



You are breathless at night or need more pillows to sleep on.



You are unable to be as active as usual/you are a bit more muddled than usual.



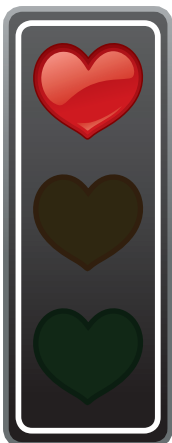
Any of your other conditions are worsening.



Your main carer is becoming more ill and unable to help look after you as much as before.

### WHAT SHOULD YOU DO?

Try simple measures to improve your symptoms and/or consider a sooner appointment with the heart failure specialist team/GP/Practice Nurse if you feel it is necessary.



## RED - TAKE ACTION

If your symptoms continue to worsen over 3 days, or you have any of the problems below;



You have symptoms of an infection and/or you feel very unwell.



You have blacked out.



Any of your other medical conditions are continuing to worsen.



You have become confused about your medications.



My medication has been reduced/stopped and I am not sure why/my heart failure team are unaware.



You have worsening breathlessness or leg swelling or are unable to be as active as usual.



You have worsening or new angina.



Your carer becomes very ill/has been admitted to hospital and is unable to take care of you.



You have had diarrhoea or vomiting for more than 24 hours.

### WHAT SHOULD YOU DO?

Consider urgent advice from your GP, or heart failure service. If you feel very unwell, call 999.