









Managing AFib Zones

Managing your AFib helps to keep your symptoms from getting worse, and helps you stay out of the hospital.

Know when to call 911 or your healthcare team using the chart below. You may want to post this in a spot such as on your fridge.

	Green Light 	Yellow Light 	Red Light 
Medicines 	Taking medicine as directed	You have side effects from your medicine but are stable and do not have any chest pain, fainting, or swelling/shortness of breath.	You have side effects from your medicines and do not feel good.
Blood pressure/heart rate 	Blood pressure and heart rate are stable	Blood pressure and/or heart rate are outside of the limits your healthcare professional wants, but you are experiencing mild symptoms.	Blood pressure and/or heart rate are outside of the limits your healthcare professional wants and you are having severe symptoms/do not feel good.
Activity 	You are able to stay active without feeling tired or short of breath	You feel tired even with enough sleep or are not able to do the things you normally like to do (exercise, activities).	You cannot stay active, you have a hard time walking, or cannot sleep flat because of trouble breathing.
Symptoms 	No side effects or symptoms of AFib	You have mild symptoms. You may feel an irregular or skipped heartbeats (palpitations) in your chest, or fatigue. You are having mild leg or abdominal swelling or unexplained weight gain.	You have severe leg or abdominal swelling or unexplained weight gain.
Action Plan 	Continue taking medicine as directed and seeing your healthcare professional when scheduled. Call with any questions you might have. Maintain healthy lifestyle.	Call your healthcare professional for further instructions.	Call 911 or seek medical attention.