

KNOW YOUR NUMBERS

High blood pressure (hypertension) can lead to:



STROKE



HEART ATTACK



BLINDNESS



KIDNEY DAMAGE

▶▶ and other *serious* problems. ◀◀

Check your blood pressure **regularly**.
Know what your readings mean.



Systolic mmHg (upper number)

Diastolic mmHg (lower number)

SYS	180 ⬆	140 ⬆	130-139	120-129	120 ⬇
	and/or	or	or	and	and
DIA	120 ⬆	90 ⬆	80-89	80 ⬇	80 ⬇

***URGENT!**
CALL YOUR DOCTOR NOW

STAGE 2
HIGH BLOOD PRESSURE

STAGE 1
HIGH BLOOD PRESSURE

ELEVATED
BLOOD PRESSURE

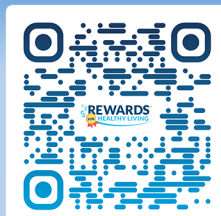
NORMAL
BLOOD PRESSURE



* Call 911 right away if your blood pressure is **HIGHER THAN 180/120**

AND

YOU HAVE shortness of breath, back or chest pain, weakness, vision changes, or trouble speaking.



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