

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 [⬇]



* 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.

***URGENT!**

CALL YOUR DOCTOR NOW

STAGE 2

HIGH BLOOD PRESSURE

STAGE 1

HIGH BLOOD PRESSURE

ELEVATED

BLOOD PRESSURE

NORMAL

BLOOD PRESSURE



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