

# What is blood pressure?

Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body.

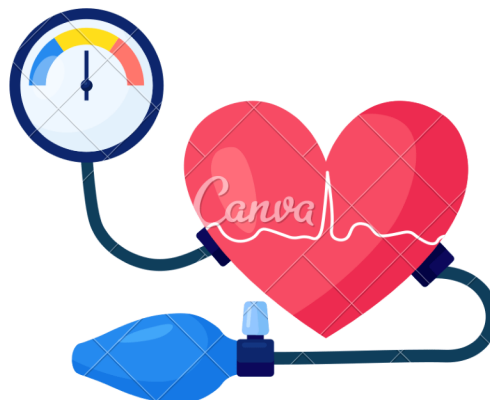
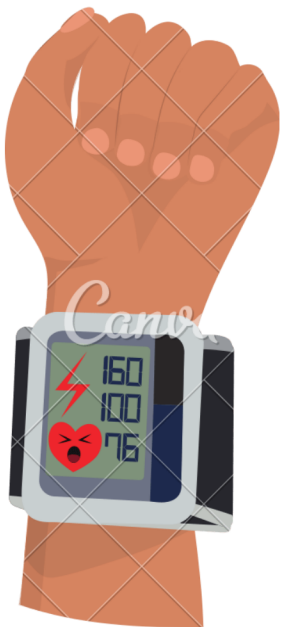


## Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
<b>NORMAL</b>	<b>LESS THAN 120</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>ELEVATED</b>	<b>120 – 129</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</b>	<b>130 – 139</b>	<b>or</b>	<b>80 – 89</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</b>	<b>140 OR HIGHER</b>	<b>or</b>	<b>90 OR HIGHER</b>
<b>HYPERTENSIVE CRISIS (consult your doctor immediately)</b>	<b>HIGHER THAN 180</b>	<b>and/or</b>	<b>HIGHER THAN 120</b>

**IF BLOOD PRESSURE IS HIGHER THAN 180, THEN CONTACT LOCAL IHS CLINIC OR LOCAL ER**



# HOW TO SELF-MEASURE BLOOD PRESSURE

1. Apply the cuff to your wrist
2. Keep your elbow on table or desk with your forearm bent
3. Place your wrist at the level of your heart
4. Keep your arm relaxed and your hand resting against your body
5. Measure your wrist blood pressure without moving your arm from seated position

Keep yourself healthy for your  
family and community

CHECK YOUR  
BLOOD  
PRESSURE

