HYPERTENSION "HIGH BLOOD PRESSURE"

HOW CAN WE MONITOR IT DURING COVID19?

By doing HOME BLOOD PRESSURE monitoring

STEP 1: BUY OR BORROW A BLOOD PRESSURE MACHINE

STEP 2: CHECK YOUR BLOOD PRESSURE MORNING AND EVENING

RECORD IT FOR 7DAYS IN THE CHART PROVIDED

STEP 3: WHAT BLOOD PRESSURE TO AIM FOR?

Less than 80YRS AND no other health conditions

BP below 135/85

Less than 80YRS WITH any other health condition

BP below 135/80

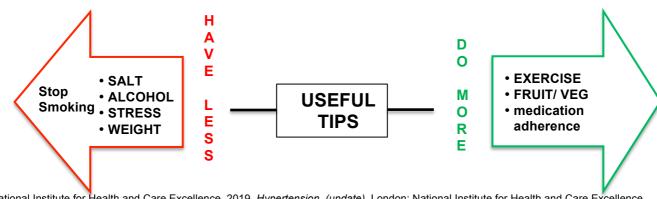
More than 80YRS

BP below 145/85

STEP 4: WHAT IF YOUR AVERAGE BLOOD PRESSURE IS HIGHER THAN THE TARGET?

HIGHER Blood Pressure LEVEL

- 150/95 or higher and **NO symptoms** CONTACT YOUR GP (telephone/ video consultation). Follow the 'useful tips' on making important lifestyle changes.
- 150/95 or higher and symptoms (headache, changes in vision, nose bleeds, dizziness, confusion) – could be dangerous - URGENTLY CONTACT 111/999
- if you are ensure what your level means then contact your GP



National Institute for Health and Care Excellence. 2019. Hypertension (update). London: National Institute for Health and Care Excellence.