

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 7 DAYS 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 unsure what your level means then contact your GP

