

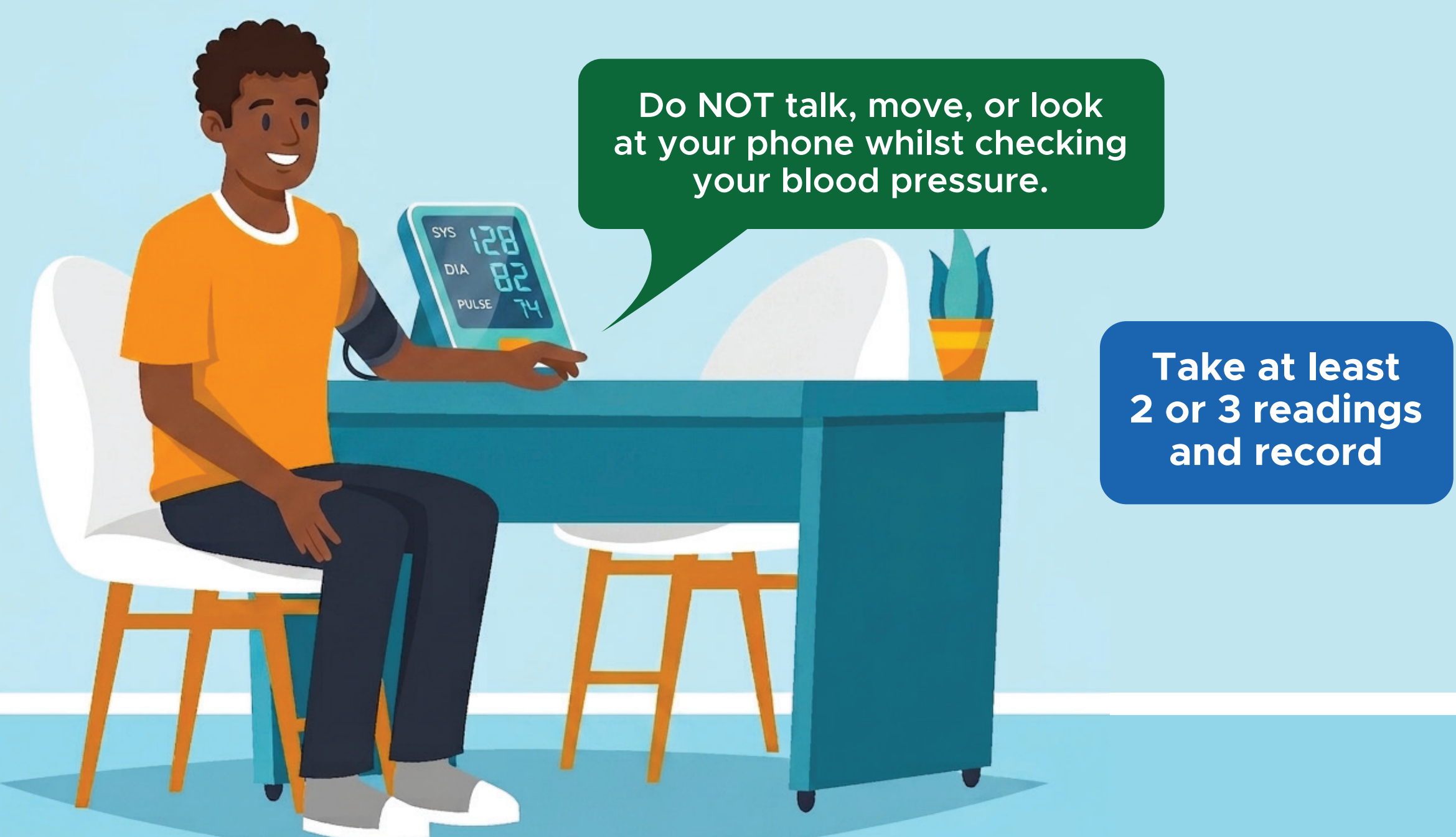
Self-care for Hypertension

What the numbers mean! Know the signs and what to do!

How to check your blood pressure

Steps for checking your blood pressure

- ✓ Sit upright with your back supported
- ✓ Place both feet on the floor. Do not cross your legs
- ✓ Rest your arm at chest height
- ✓ Wrap the cuff against your bare skin over your upper arm
- ✓ Make sure the tube on the cuff aligns with the inside centre of your arm
- ✓ Rest your arm on the table so the cuff is at the level of your heart
- ✓ Press the start button and record your reading



Blood Pressure Targets and What to do

Blood Pressure target	What to do	Frequency of monitoring
< 130/80mmHg	Continue lifestyle modification, your medication, continue your reviews	Check BP at every opportunity or at least once a year

Note: Report to the nearest health facility as soon as possible if BP Systolic >180 Diastolic > 110