檢查您的血壓

在您檢查之前

- ❑ 30 分鐘內
  不要喝咖啡。

- ❑ 30 分鐘內
  不要使用菸草產品。

- ❑ 2 個小時內
  不要進食或運動。

- ❑ **前往洗手間**
  膀胱充盈會影響讀數。

Washington State Department of Health
DOH 340-265 October 2015
Chinese

殘障人士可申請獲取本文件的其他格式。要提交申請，請致電 1-800-525-0127（聽障/語障人士專線 711）。

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Partners promoting healthy people in healthy places
www.doh.wa.gov/healthycommunities

PRINTING SPECIFICATIONS

Title:	**Checking Your Blood Pressure: Before You Begin** (poster)
Size:	8.5 x 11 and 11 x 17 each
Paper stock:	80# Cover Mohawk Options, white, smooth
Ink color:	4-color process/0, no bleeds
Special instructions:	Laminate, matte finish, rounded and sealed 1/4" corners
DOH Pub #:	340-265