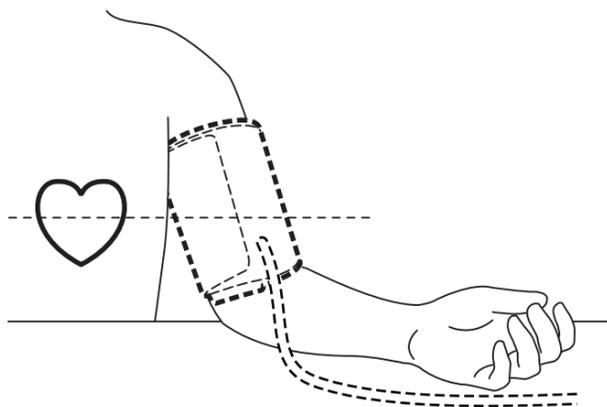
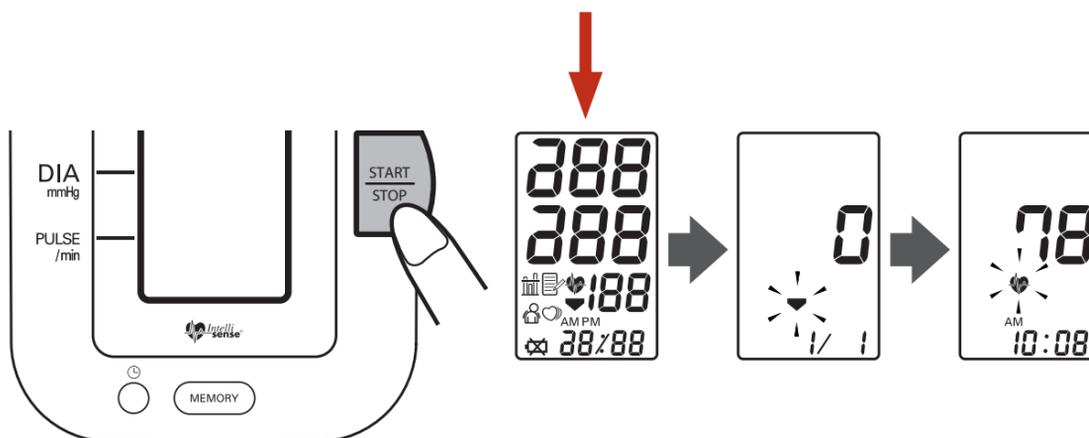


Checking Your Blood Pressure

Taking Your Blood Pressure



- ◆ Support your arm at the level of your heart on a table or high armrest.
- ◆ Stay in a seated position.
- ◆ Avoid talking when taking a measurement.
- ◆ **Take 2 readings, each 5 minutes apart.**
- ◆ Press the START/STOP button on the monitor. Display symbols will appear on the screen.



- ◆ The cuff will inflate on its own and feel tight for a few seconds.
- ◆ The cuff will relax and display the reading. Record the reading.
- ◆ Press STOP.
- ◆ Wait five minutes. Repeat these steps for a total of two readings.

P R I N T I N G S P E C I F I C A T I O N S

Title: **Checking Your Blood Pressure: Taking Your Blood Pressure** (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 #: 340-267