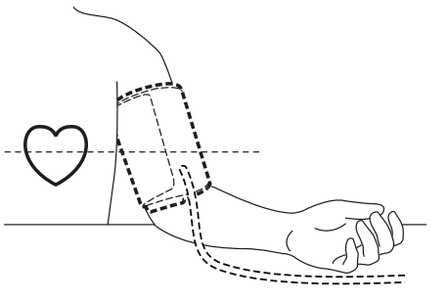
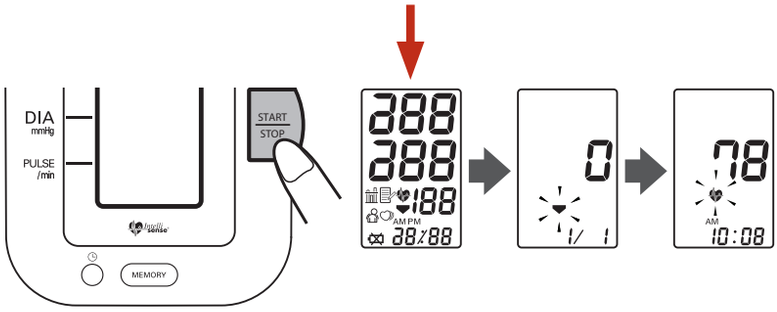
檢查您的血壓

測量您的血壓



- 手臂放在桌子或高扶手上，與心臟保持水平高度。
- 保持坐姿。
- 測量時避免說話。

- **提取 2 個讀數，每次相隔 5 分鐘。**
- 按下顯示器上的 START（開始）/STOP（停止）按鈕。螢幕上將出現顯示符號。



- 血壓計臂帶將自行膨脹，並將感到繃緊數秒。
- 血壓計臂帶將放鬆，並顯示讀數。記錄讀數。
- 按下 STOP（停止）。
- 等候五分鐘。重複以上步驟，提取共兩個讀數。

Washington State Department of Health
DOH 340-267 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）。

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND HEALTHIER WASHINGTON
Healthy Communities Washington
Partners promoting healthy people in healthy places
www.doh.wa.gov/healthycommunities

PRINTING SPECIFICATIONS

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