

HAPPY HEART

BLOOD PRESSURE RANGE



BLOOD PRESSURE	SYSTOLIC 1ST NUMBER		DIASTOLIC 2ND NUMBER
NORMAL	<120	AND	<80
ELEVATED BLOOD PRESSURE	120-129	AND	<80
STAGE 1 BLOOD PRESSURE (HYPERTENSION)	130-139	OR	80-89
STAGE 2 BLOOD PRESSURE (HYPERTENSION)	>140	AND /OR	>90
HYPERTENSIVE CRISIS (consult your doctor immediately)	>180	AND /OR	>120



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
PUBLIC HEALTH DEPARTMENT

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...for life!

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