

What To Do With Your Blood Pressure Numbers



Yellow Zone: Caution
Contact your provider or provider's office.



Red Zone: Emergency
Seek immediate medical care.

Contact Numbers

	DAYTIME	AFTER HOURS
Healthcare Provider:		
Nurse or Clinic Call Line:		
Emergency Contact Line:		



Green Zone Good | Controlled Hypertension

Blood Pressure Ranges **Less than 140**
Less than 90

Symptoms: No Symptoms

What to Do: Continue to check your blood pressure and look out for any symptoms.



Yellow Zone Caution | Take Action

Blood Pressure Ranges **141-159**
91-109

You should take action if: the top number is high, the bottom number is high, or if you have symptoms.

What to Do: Call your provider's office to tell them your blood pressure reading and any symptoms.



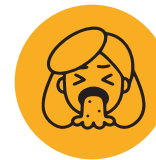
Pain in the upper right belly area or in the shoulder



Headaches that don't go away



Seeing spots or flashing lights, blurry vision, or sensitive to light



Feeling nauseated or throwing up



Swelling in face, hands and legs



Red Zone Emergency | Take Action!

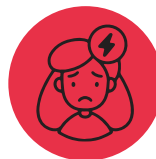
Blood Pressure Ranges **160 or more**
110 or more

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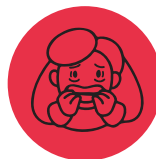
What to Do: This is an emergency! Seek immediate medical care!



Pain in the upper right belly area or in the shoulder



Headaches that don't go away with over the counter medicine



Increased anxiety and a sense of doom



Serious difficulty catching your breath



Any symptoms from Yellow Zone that are getting worse!



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SCHOOL OF MEDICINE
Pediatrics, Obstetrics and Gynecology

Collaborative for Maternal and Infant Health

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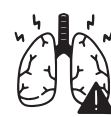
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