

# Don't Let Your Blood Pressure Erupt

Blood Pressure Category for Adults	Systolic mmHg (upper number)	Diastolic mmHg (lower number)
<b>HYPERTENSIVE CRISIS</b> (Consult your doctor immediately)	<b>HIGHER THAN 180</b>	and/or <b>HIGHER THAN 120</b>
<b>HIGH BLOOD PRESSURE</b> (Hypertension) Stage 2	<b>140 OR HIGHER</b>	or <b>90 OR HIGHER</b>
<b>HIGH BLOOD PRESSURE</b> (Hypertension) Stage 1	<b>130–139</b>	or <b>80–89</b>
<b>ELEVATED</b>	<b>120–129</b>	and <b>LESS THAN 80</b>
<b>NORMAL</b>	<b>LESS THAN 120</b>	and <b>LESS THAN 80</b>