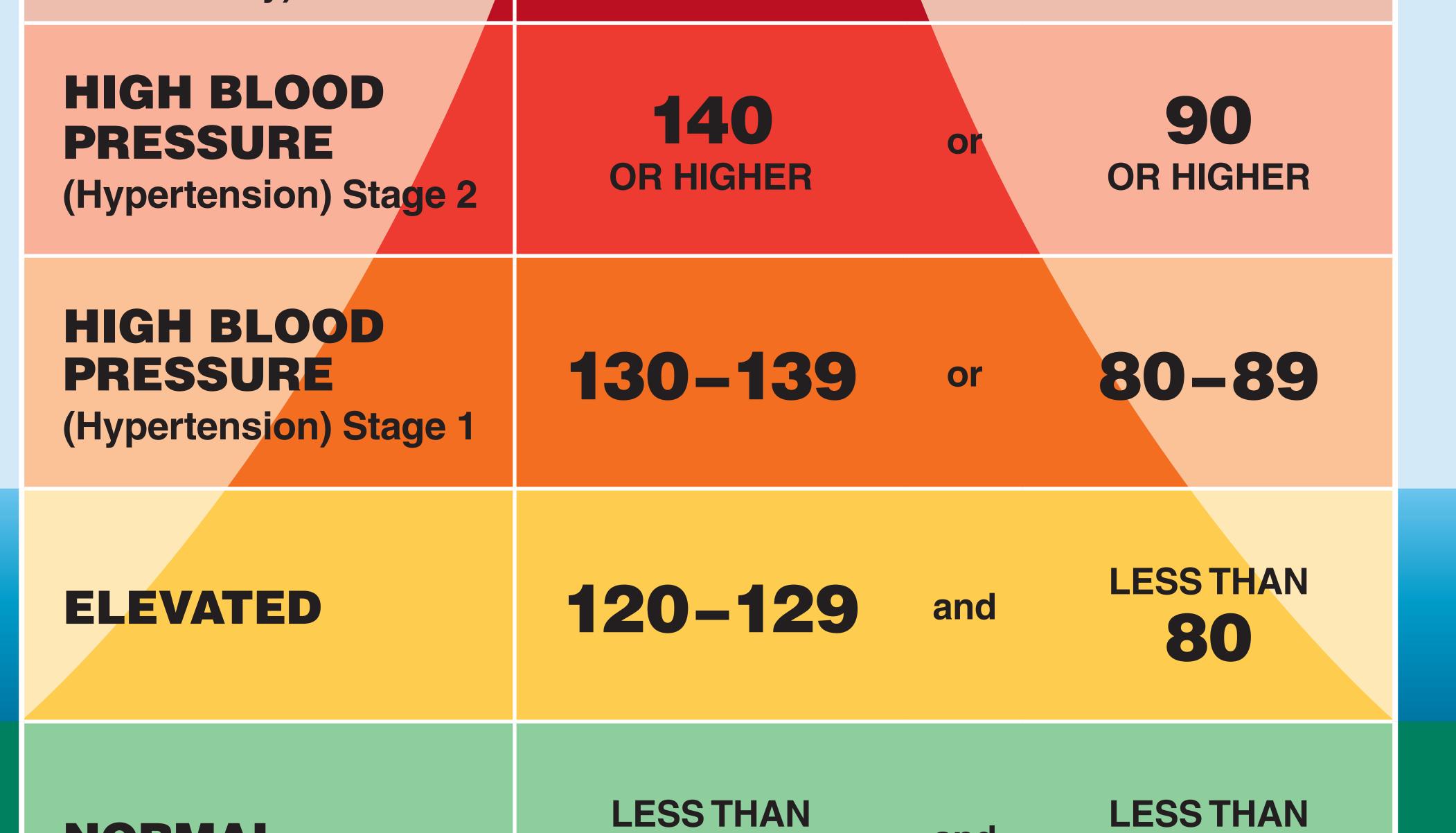
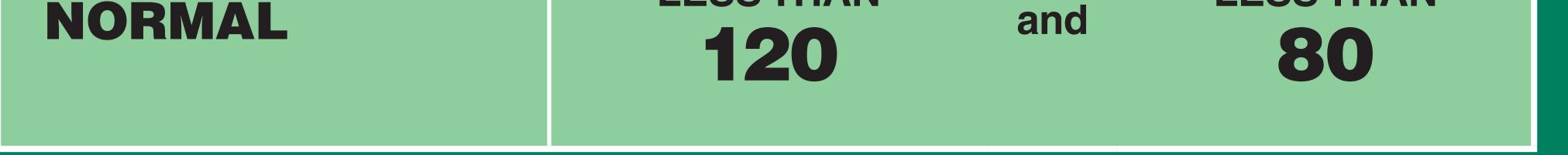
Don't Let Your Blood Pressure Erupt

Blood Pressure Category for Adults	Systolic mmHg (upper number)	Diastolic mm (lower numb	
HYPERTENSIVE CRISIS (Consult your doctor immediately)	HIGHERTHAN 180	and/ HIGHERTH/ or 120	١





2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/ American Heart Association Task Force on Clinical Practice Guidelines. *J Am Coll Cardiol* 2017;Nov 13. **Community & Clinical CONNECTIONS for Prevention & Health Branch** NORTH CAROLINA DHHS **DIVISION OF PUBLIC HEALTH**