

What to know and when to get help

It's important to be familiar with the basic signs and symptoms. Symptoms may vary by individual, and can include severe headaches, heart palpitations, shortness of breath and anxiety. You can also have high blood pressure without symptoms. Please reference the guidelines below to track the severity of your condition.



Manage your symptoms by:

- Monitoring your blood pressure regularly (rest several minutes before checking it)
- Avoiding excessive salt in your diet
- Maintaining a regular exercise routine
- Taking blood pressure medication as prescribed
- Managing stress
- Avoiding tobacco smoke
- Avoiding excess alcohol, less than 7 drinks per week



Contact your doctor if you have:

If you cannot reach your doctor in 24 hours, please visit a walk-in clinic.

- Blood pressure readings that are higher than your normal readings and you have headache or nosebleed
- Three or more blood pressure readings that are higher than your normal readings



Go to the ER or dial 911 if you have:

- Severe headache
- A nosebleed that won't stop
- Vision changes
- Chest pain
- Shortness of breath
- Vomiting
- Change in mental state

*If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.