

Just Check It ✓

Got High Blood Pressure? You **can** control it!

High blood pressure often has **no warning signs** or **symptoms**. The only way to know whether you have high blood pressure is to **self-monitor** and have your doctor measure it. **If left untreated**, it can cause damage to your **heart** and lead to **health problems**. Remember to share your results with your medical provider.



Do you know your numbers? **Blood Pressure Monitors** available for check out at your local libraries!

♥ Redding

♥ Burney

♥ Anderson

Questions? Contact: 530-245-6639/mmessier@co.shasta.ca.us

Provided by Shasta County HHSA - Public Health Branch