



## Advising members of the public found to be hypertensive with blood pressure readings of 140/90 or above

### Information sheet for volunteers

When a member of the public is found to be hypertensive, please explain to them what their numbers mean.

This sheet is based on the numbers used in the United Kingdom to classify raised blood pressure, and may differ from those used in your country.

If necessary, please modify your advice to match the bands used in your country and/or to reflect access to drugs. Please delete this yellow section

Blood pressure reading	What the reading means	Action needed
<b>140/90 - 159/99 mmHg</b>	The person has <b>mild hypertension</b> if their readings are maintained in this range.	Make lifestyle changes by modifying diet and increasing exercise as described in the <i>MMM Ten Top Tips</i> . Blood pressure needs checking once or twice more in the next few months. Drug treatment may be needed if levels are still raised.
<b>160/100 - 179/109 mmHg</b>	This person has <b>moderate hypertension</b> if their readings are maintained in this range.	Make lifestyle changes by modifying diet and increasing exercise as described in the <i>MMM Ten Top Tips</i> . Blood pressure needs checking again once or twice in the next two weeks. Drug treatment should probably be started if levels are still in this range.
<b>180/110 mmHg +</b>	This person has <b>severe hypertension</b> if their readings are maintained in this range.	Make lifestyle changes by modifying diet and increasing exercise as described in the <i>MMM Ten Top Tips</i> . Advice from a doctor should be urgently sought within the next week. Drug treatment will probably be needed.