

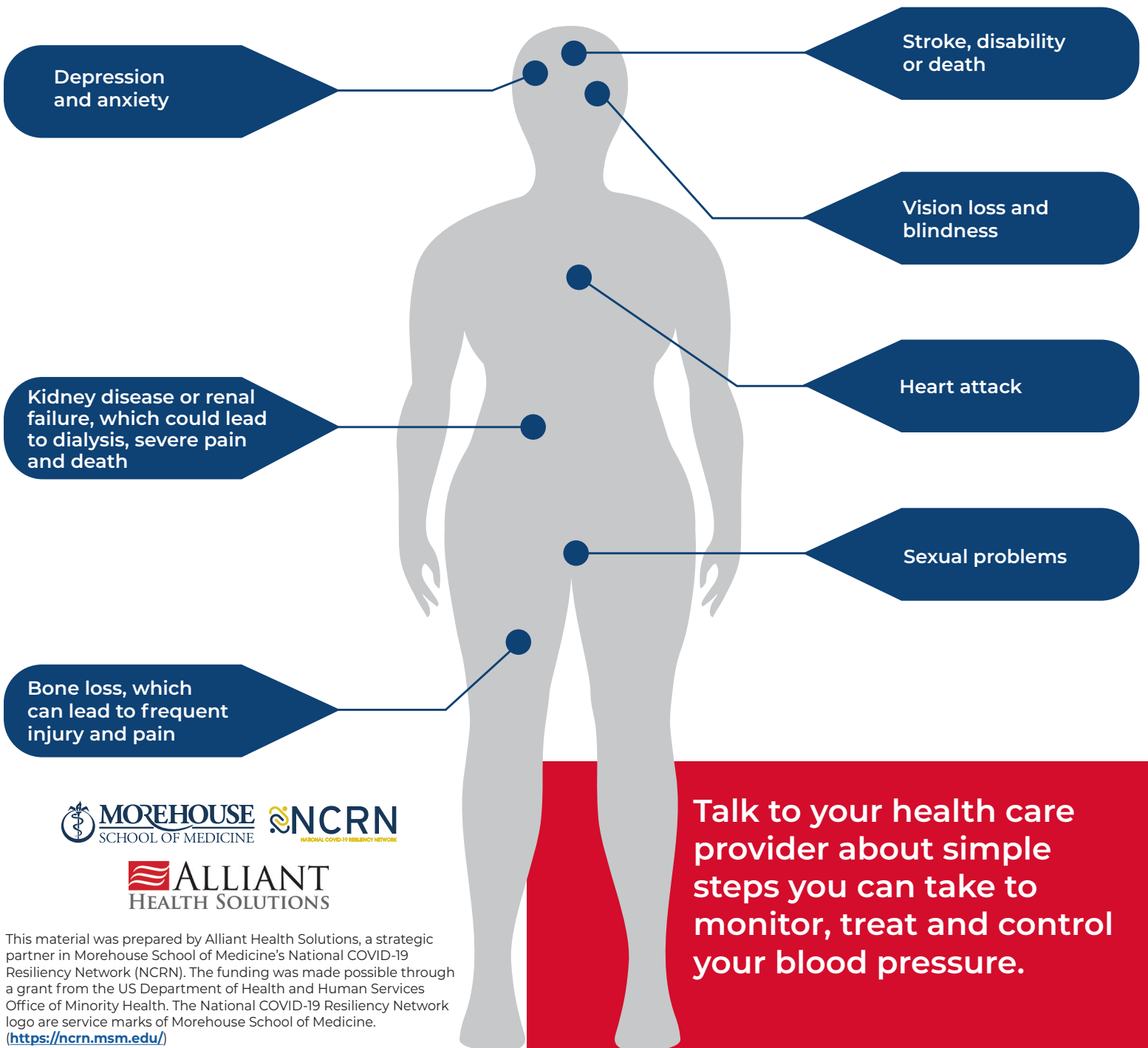


Effects of Hypertension

HIGH BLOOD PRESSURE ISN'T NORMAL

People with uncontrolled or untreated high blood pressure may be at risk of getting severely ill with COVID-19. Nearly half of adults in the US have high blood pressure. Many don't know and some do nothing about it. Last year, high blood pressure killed more people than COVID.

High blood pressure can be treated. A healthy, longer, more enjoyable life is possible.



This material was prepared by Alliant Health Solutions, a strategic partner in Morehouse School of Medicine's National COVID-19 Resiliency Network (NCRN). The funding was made possible through a grant from the US Department of Health and Human Services Office of Minority Health. The National COVID-19 Resiliency Network logo are service marks of Morehouse School of Medicine. (<https://ncrn.msm.edu/>)

Talk to your health care provider about simple steps you can take to monitor, treat and control your blood pressure.