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.

- Depression and anxiety
- Stroke, disability or death
- Vision loss and blindness
- Heart attack
- Sexual problems
- Kidney disease or renal failure, which could lead to dialysis, severe pain and death
- Bone loss, which can lead to frequent injury and pain

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

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