

The Correct Way to Measure Blood Pressure



- No talking
- Arm resting at chest height
- Cuff against bare skin
- Back is supported
- Sit with feet flat on floor



Visit [cdc.gov/bloodpressure](https://www.cdc.gov/bloodpressure)
for tips and resources.

The High Blood Pressure A Guide For Patients And Their Families

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Publishers), Shawn Beard**

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