

Understanding Your Normal Blood Pressure:

127

Systolic BP Level:

This top number shows the pressure in the arteries when the heart is contracted.

68

Diastolic BP Level:

This bottom number shows the pressure in the arteries when the heart is resting and refilling with blood.

This BP would be read as **127 over 68 mmHg**
(millimeters of mercury)

According to the AHA, **normal blood pressure** for Americans **ages 20 and over is 120/80 mmHg.**

1 in 3 Americans (33.5%) have Hypertension.

Use this chart below to track your vital signs for the next week and then observe the trends to determine what your normal limits are.

Date Checked:	Systolic BP:	Diastolic BP:	Pulse:
Day 1:			
Day 2:			
Day 3:			
Day 4:			
Day 5:			
Day 6:			
Day 7:			

We're the community...

...helping the community. A lost child, an overdue hunter, a neighbor trapped in a wrecked car: at all times your neighbors need your help. You can be a part of this team through your time or your financial support. *Come check us out...*

Help your neighbor.



Whitmire Rescue Squad

911 Emergency Response • Non-Emergency Transport • Automobile Extrication •
Search and Rescue • Confined Space Rescue • Trench Rescue • Rope Rescue

26350 SC Hwy 121
Whitmire, SC 29178-1309



Whitmire Rescue Squad

911 Emergency Response • Non-Emergency Transport
Automobile Extrication • Search and Rescue
Rope Rescue • Trench Rescue
Confined Space Rescue

Understanding Vital Signs

BLOOD PRESSURE EDITION

26350 SC Hwy 121
Whitmire, SC 29178-1309