

High Blood Pressure: Wetin Family Need Know

RK Bloom Foundation Community Health Pamphlet

1. High blood pressure dey common, and many people no dey feel any sign at first.
2. If person no treat am, e fit cause stroke, heart wahala, kidney problem, or eye problem.
3. Check your blood pressure regular for clinic, pharmacy, outreach program, or with trained health worker.
4. Better habits: reduce salt, chop fruits and vegetables when you fit, move your body, avoid tobacco, and reduce alcohol.
5. If doctor give medicine, take am as dem talk. No stop because you feel fine unless health worker tell you.
6. Go hospital quick quick if chest dey pain, severe headache come, one side weak, speech hard, person faint, or breathing hard.
7. This pamphlet na for health education. E no replace advice from doctor, nurse, or trained health worker.

For questions, contact RK Bloom Foundation: rkbloomfoundation@gmail.com