



Do it for the
grandkids
you love.



High blood pressure is
a leading cause of
heart attack and
stroke. One in three
Americans has high
blood pressure, and
only half of them
have it under control.

Take Steps to Control your Blood Pressure

- Check your blood pressure at home, at a pharmacy, or a doctor's office.
- Talk to your pharmacist or health care professional about what your numbers mean and for tips to remember medications.
- Take medications as prescribed.
- If you smoke, quit. Call the Maryland Tobacco Quit-line (1-800-QUITNOW) or visit www.smokefree.gov for help.

KNOW
YOUR
NUMBERS



DIVISION OF HEALTH PROMOTION
410-996-5168

WWW.CECILCOUNTYHEALTH.ORG

