

High Blood Pressure (Hypertension)

What is high blood pressure?

Blood pressure is the force of the blood pushing against the walls of the arteries. High blood pressure, or hypertension, is anything higher than 140/90mmHg (normal blood pressure is 120/80mmHg). When high blood pressure is not treated, it can lead to other problems like, heart attack, stroke and kidney failure.

How can a disaster affect my health if I have high blood pressure?

Stopping treatment during a disaster can lead to headaches, an increase in blood pressure, stroke, heart attack, heart failure, or kidney failure.

What can I do during a disaster to protect my health?

It is important that you take your medication at the same time each day. This may be hard to do in a disaster, but try your best to do so.

Which special tips should I remember if I have high blood pressure?

Along with the [emergency kit](#) and [emergency plan](#) remember the following important tips:

- The goal of treatment is to reduce blood pressure so that you have a lower risk of problems. Remember to include your medication in your emergency kit and continue to take them.
- Include a blood pressure monitor and cuff to check your own blood pressure daily.