

A close-up photograph of a person's arm resting on a white surface. A grey blood pressure cuff is wrapped around the upper arm. Next to the arm is a white and blue digital blood pressure monitor. The monitor's screen displays '120/80' in large green numbers, with 'mmHg' below it. The monitor also has buttons for 'PULSE', 'MODE', and 'ON/OFF'. A black cable is plugged into the side of the device. The background is a soft, out-of-focus green wall.

- Siempre tómese la presión arterial a la misma hora todos los días.
- Tómese al menos dos lecturas, con 1 o 2 minutos de diferencia.
- Visite [cdc.gov/bloodpressure](https://www.cdc.gov/bloodpressure) para saber cómo medir correctamente la presión arterial.

Fecha