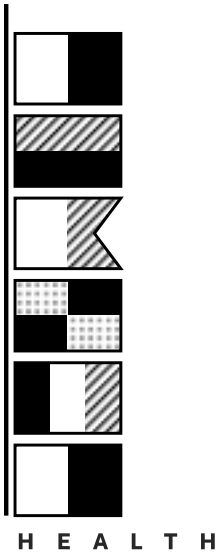
SEAFARERS HEALTH

HEART & BLOOD PRESSURE | NO. 16



140/90

or higher at a clinic counts as high

Know your numbers. Check your blood pressure.

Chest pain is an emergency. Stop all work, alert the master and get radio medical advice.

Read the free guide

seafarershealth.org/heart-health/

Free to print and share. General information, not medical advice.