

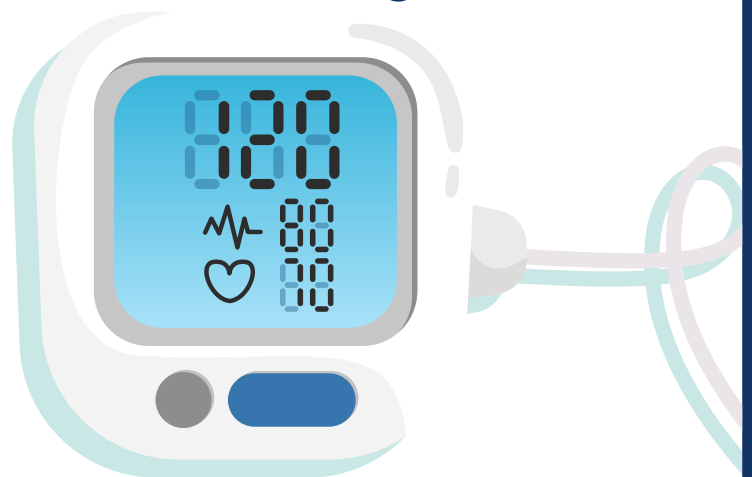
Hypertension increases risk of serious COVID-19 illness



PLATINUM
HEALTH

People with uncontrolled or untreated high blood pressure (hypertension) are at extreme risk of getting severely ill if infected with COVID-19.

If you suffer from high blood pressure, the most important step you can take is to manage it. Here's a reminder of the lifestyle choices that can help control high blood pressure:



Take your chronic medication as prescribed and make sure to have at least a two-week supply.



Eat healthy. Get plenty of vegetables, fruits, and whole grains. Choose nonfat dairy and lean meats.



Manage stress in healthy ways such as deep breathing or meditation.



If you are obese, lose weight as it reduces your blood pressure.



Do regular exercise as it lowers blood pressure and helps with stress and weight loss



Quit smoking. Tobacco causes blood pressure to rise and plaque to build up quickly in your arteries.



Decrease salt intake in your diet



Avoid or limit alcohol.



If you are concerned about your health talk to a Platinum Health Healthcare Provider for guidance.