

SUFFERING FROM HYPERTENSION?

GET THE COVID-19 VACCINE AS SOON AS YOU QUALIFY



PLATINUM HEALTH

People with high blood pressure (hypertension) are at great risk of becoming severely ill if infected with COVID-19.

IT IS THEREFORE IMPERATIVE THAT PEOPLE SUFFERING FROM HYPERTENSION BE VACCINATED WITH THE COVID-19 VACCINE AS SOON AS THEY QUALIFY, AS THE RISK OF BECOMING SEVERELY ILL OR DYING IS SIGNIFICANTLY REDUCED.

Control high blood pressure by sticking to the following lifestyle choices:

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

Decrease salt intake in your diet.

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

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.

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

Avoid or limit alcohol.

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

