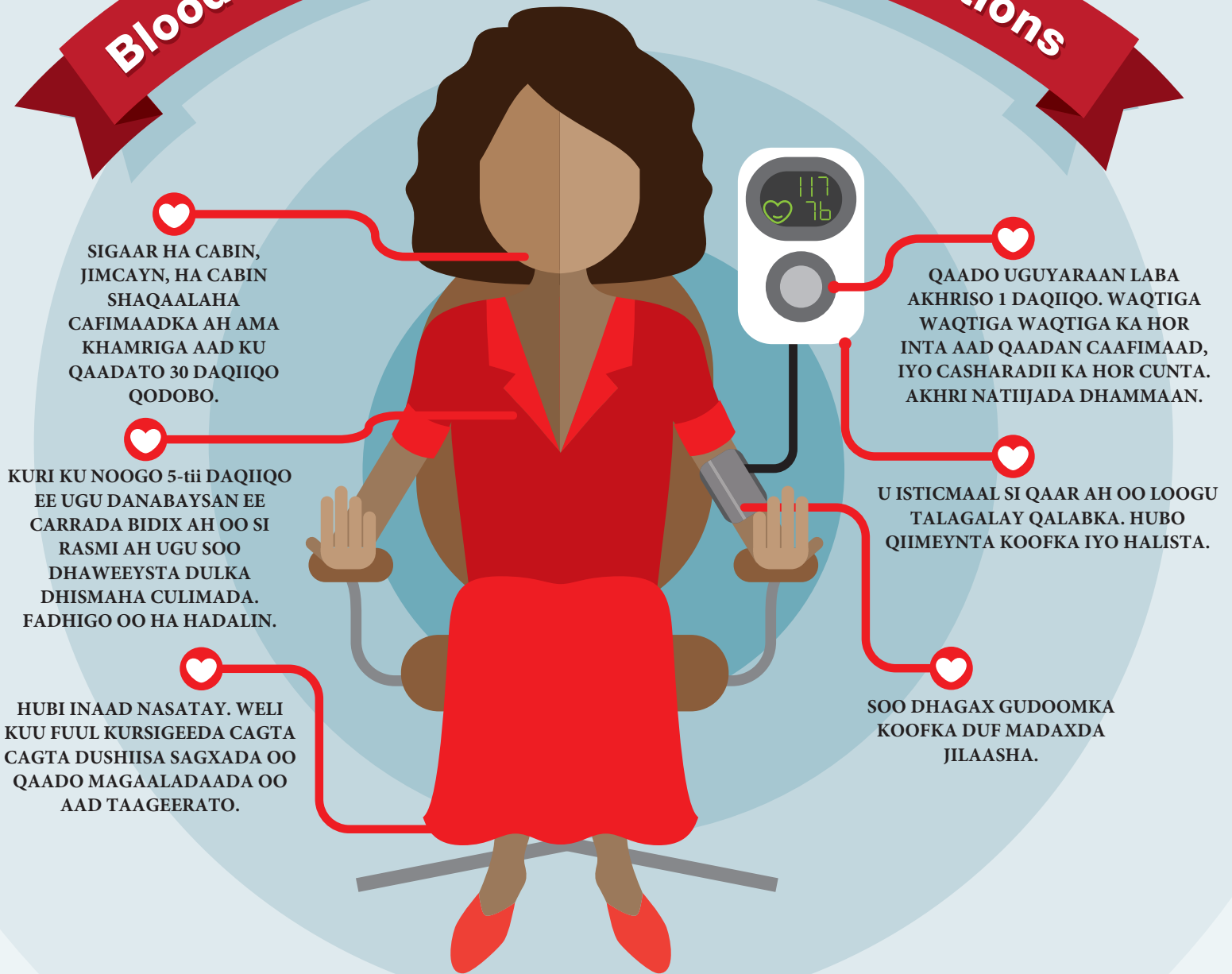




Blood Pressure Measurement Instructions



SIGAAR HA CABIN, JIMCAYN, HA CABIN SHAQAALAHA CAFIMAADKA AH AMA KHAMRIGA AAD KU QAADATO 30 DAQIIQO QODOBO.

QAADO UGUYARAAN LABA AKHRISO I DAQIIQO. WAQTIGA WAQTIGA WAQTIGA KA HOR INTA AAD QAADAN CAAFIMAAD, IYO CASHARADII KA HOR CUNTA. AKHRI NATIJJADA DHAMMAAN.

KURI KU NOOGO 5-tii DAQIIQO EE UGU DANABAYSAN EE CARRADA BIDIX AH OO SI RASMI AH UGU SOO DHAWEEYSTA DULKA DHISMAHA CULIMADA. FADHIGO OO HA HADALIN.

U ISTICMAAL SI QAAR AH OO LOOGU TALAGALAY QALABKA. HUBO QIIMEYNTA KOOFKA IYO HALISTA.

HUBI INAAD NASATAY. WELI KUU FUUL KURSIGEEDA CAGTA CAGTA DUSHIISA SAGXADA OO QAADO MAGAALADAADA OO AAD TAAGEERATO.

SOO DHAGAX GUDOOMKA KOOFKA DUF MADAXDA JILAASHA.

Ururka Wadnaha Mareykanka heerarka cadaadiska dhiigga

KOOXDA CADAADISKA DHIIG-KARKA	SYSTOLIC mmHg (nambarka sare)		DIASTOLIC mmHg (lambarka hoose)
CAADI AH	KA YAR 120	iyo	KA YAR 80
XADGUDUB	120-129	iyo	KA YAR 80
DHIIG-KARKA SARE (HAWLGALKA) Marxaladda 1	130-139	ama	80-89
DHIIG-KARKA SARE (HAWLGALKA) Marxaladda 2	140 AMA KA SARE	ama	90 AMA KA SARE
DHIBAATOYINKA CAAFIMAADKA LEH (isla markiiba la tasho dhaqtarkaaga)	KA DARAN 180	iyo/ama	KA SAREEYA 120



* Sug dhowr daqiqo oo markale qaado cadaadiska dhiigga. Haddii ay wali sarreyso, la xiriir dhaqtarkaaga isla markiiba.

WAX BADAN KA BARO
HEART.ORG/HBP