

# SYMPTOMS OF HIGH BLOOD PRESSURE

If your blood pressure is **Extremely High**  
(systolic pressure  $\geq 180$  and/or diastolic pressure  $\geq 120$ )  
and you have these symptoms, this is an emergency.



Severe headache



Fatigue or confusion



Vision problems



Chest pain



Irregular heartbeat  
or pounding in your  
chest, neck, or ears



Trouble breathing



Blood in your urine

