**Cheat sheet for helping people take their blood pressure**

ASK the person:

* If they’ve ever been told they have high blood pressure
* If they drank any caffeine or alcohol, or used tobacco products in the last 30 minutes. If yes, let them know this could give a false reading and they may want to wait to have it checked.
* If they have exercised in the past 2 hours, or walked to the store. If yes, tell them to sit and wait 5 minutes to have their blood pressure checked.
* If they have a full bladder. This can give a false reading. There is a bathroom in the store people can use.

As you are about to take a blood pressure, remind people to:

* Uncross their legs
* Do not talk while the cuff is inflating

**Cheat sheet for helping people take their blood pressure**

ASK the person:

* If they’ve ever been told they have high blood pressure
* If they drank any caffeine or alcohol, or used tobacco products in the last 30 minutes. If yes, let them know this could give a false reading and they may want to wait to have it checked.
* If they have exercised in the past 2 hours, or walked to the store. If yes, tell them to sit and wait 5 minutes to have their blood pressure checked.
* If they have a full bladder. This can give a false reading. There is a bathroom in the store people can use.

As you are about to take a blood pressure, remind people to:

* Uncross their legs
* Do not talk while the cuff is inflating

**Cheat sheet for helping people take their blood pressure**

ASK the person:

* If they’ve ever been told they have high blood pressure
* If they drank any caffeine or alcohol, or used tobacco products in the last 30 minutes. If yes, let them know this could give a false reading and they may want to wait to have it checked.
* If they have exercised in the past 2 hours, or walked to the store. If yes, tell them to sit and wait 5 minutes to have their blood pressure checked.
* If they have a full bladder. This can give a false reading. There is a bathroom in the store people can use.

As you are about to take a blood pressure, remind people to:

* Uncross their legs
* Do not talk while the cuff is inflating