## **DIETSMANN SAFETY CAMPAIGN**

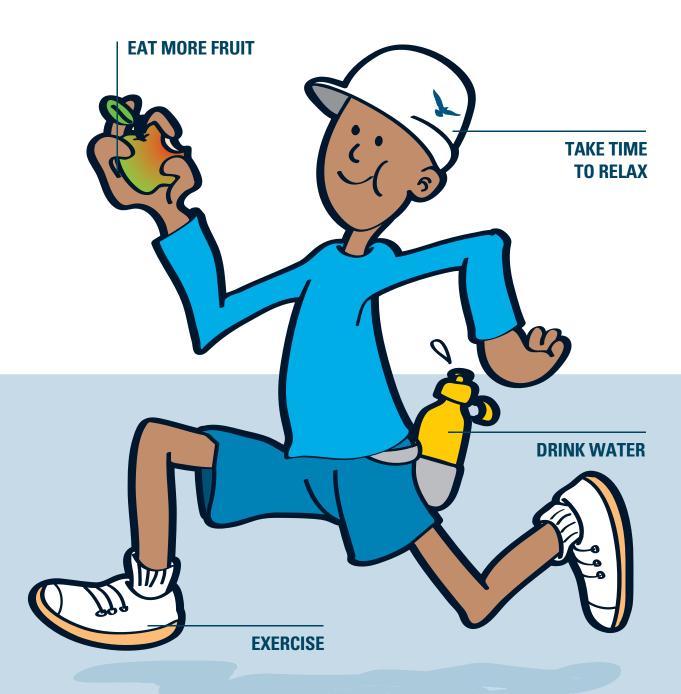
# HIGH BLOOD PRESSURE

# HIGH BLOOD PRESSURE SYMPTOMS:

- PERSISTENT HEADACHES (RADIATING FROM THE BACK OF THE HEAD)
- DIZZINESS
- LIGHT-HEADEDNESS
- **TINNITUS**

### **MINIMIZE THE RISK BY:**

- QUITTING SMOKING
- DRINKING LESS ALCOHOL
- **DRINKING MORE WATER**
- EATING LESS SALT
- LOSING WEIGHT
- **EXERCISING**
- **TAKING TIME TO RELAX**



# **YOU ONLY HAVE ONE LIFE. KEEP IT HEALTHY!**



