DIETSMANN SAFETY CAMPAIGN

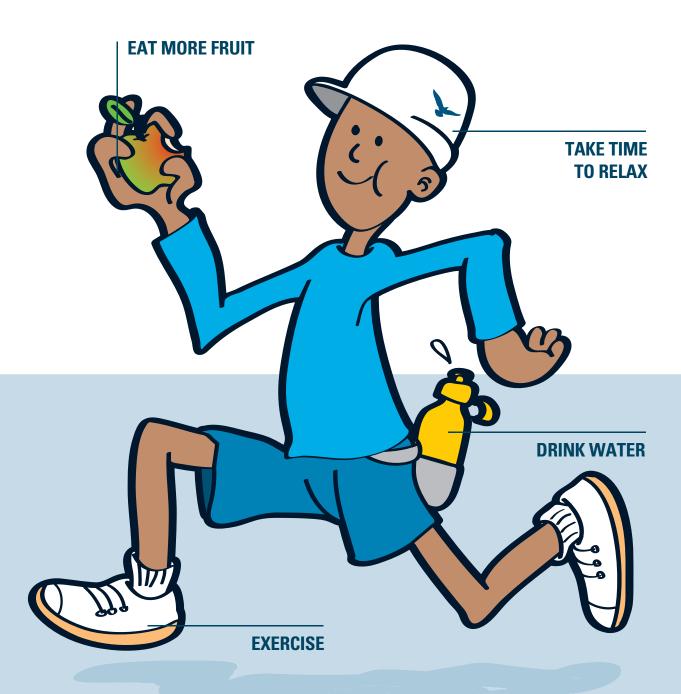
HIGH BLOOD PRESSURE

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!



