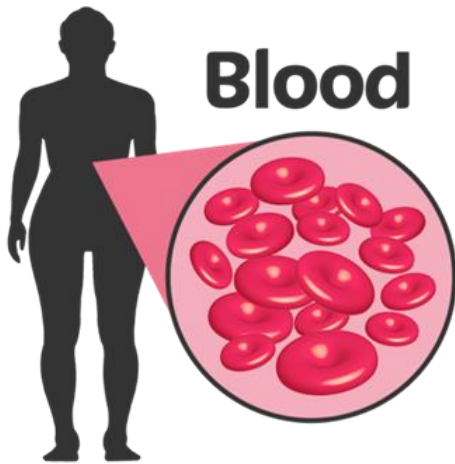
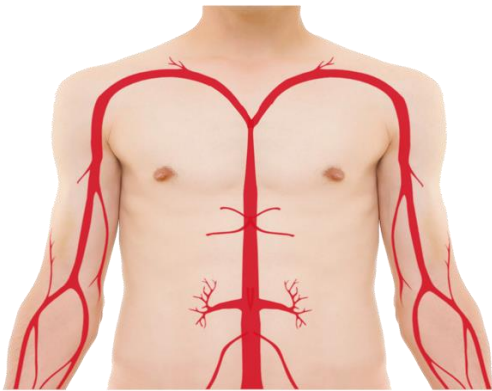




Having your blood
pressure checked



We all have blood inside our bodies.



Blood carries the things our bodies need to different parts of our body.

It is very important that our blood moves well around our bodies.



Doctors and nurses find out how well our blood moves around our body by checking something called blood pressure.



This is a blood pressure machine.

Doctors and nurses use a blood pressure machine to take your blood pressure.



The doctor or nurse will put something called a cuff around your arm.

This will not hurt.



The doctor or nurse will turn on the machine. The cuff will get tighter but it should not hurt you.



The cuff will only be tight for a short time then it will loosen again.



The doctor or nurse will take the cuff off your arm.

The doctor or nurse will write down your blood pressure.



The doctor or nurse will talk to you about your blood pressure.