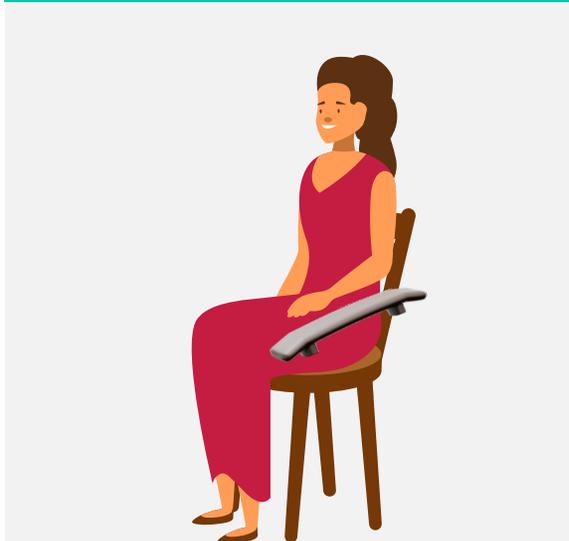


Blood Pressure

Sometimes I need to have my blood pressure checked by a nurse or doctor.



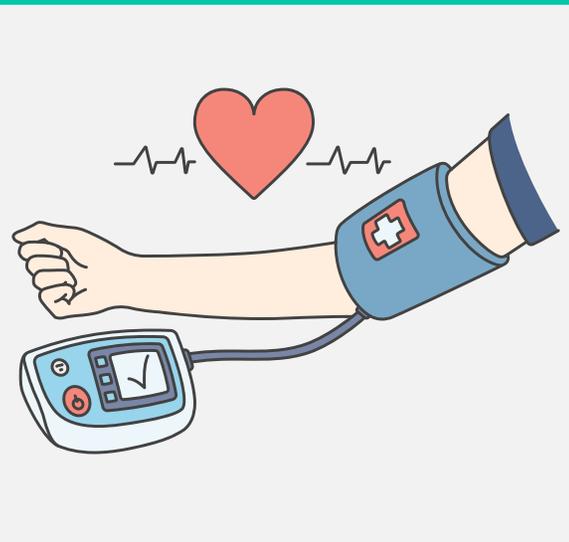
First, I will sit down in a chair and rest my arm on a table or armrest.



The nurse will then wrap a cuff around my upper arm.



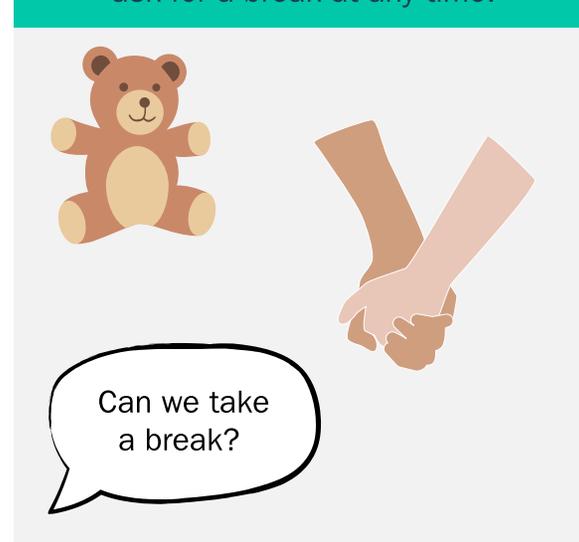
The cuff will get tight for a few seconds. This does not hurt.



I should stay calm and take slow, deep breaths.



I can bring a stuffed animal or hold my support person's hand. I can also ask for a break at any time.



Blood Pressure

The nurse will listen with a stethoscope.



In a few seconds, the cuff will loosen, and the tight feeling will go away.



The nurse will tell me my blood pressure numbers.

