



Keeping a lid on blood pressure during the coronavirus crisis (American Heart Association)

Maintaining healthy blood pressure levels is always important, but even more so in the era of COVID-19.

That's because high blood pressure might raise your risk of experiencing severe complications from the coronavirus. Nearly half of U.S. adults have high blood pressure, or hypertension, which is defined as consistent readings of 130/80 or above.

So far, the Centers for Disease Control and Prevention says evidence about hypertension in people with the coronavirus is mixed. Some research has found an elevated death rate in COVID-19 patients with high blood pressure. It has also found a higher risk of consequences including being admitted to intensive care or placed on a ventilator, developing pneumonia or having organ and tissue damage.

If you have high blood pressure, here's what you should know to stay healthy:

Prevention is the best defense

If you have high blood pressure or another underlying condition, it's especially important to follow recommendations about physical distancing, hand-washing, wearing face coverings and other practices that can prevent COVID-19's spread.