

# Don't Let Your Blood Pressure Erupt

Blood Pressure Category	Systolic mmHg (upper number)	or	Diastolic mmHg (lower number)
High Blood Pressure Stage 2 Hypertension	<b>160</b> or higher	or	<b>100</b> or higher
High Blood Pressure Stage 1 Hypertension	<b>140-159</b>	or	<b>90-99</b>
Prehypertension	<b>120-139</b>	or	<b>80-89</b>
Normal	Less than <b>120</b>	and	Less than <b>80</b>

## Classification of Blood Pressure for Adults