

Check it Out! BP in Libraries FAQs

Why do I need to check my blood pressure?

High blood pressure increases the risk for heart disease and stroke — two leading causes of death in Petersburg — and usually has no symptoms.

When are the free blood pressure screenings held?

Every Tuesday from 1-3 pm at the Petersburg Library near the Pop Market. Screenings are walk-up and no appointment is needed.

How should I prepare for getting my blood pressure checked?

For accurate readings, do not smoke, drink caffeinated beverages or exercise 30 minutes before. You should also use the restroom before to empty your bladder. Please wear clothing that will allow the cuff to be placed on your bare upper arm.

Who will be doing the screening?

Community Health Workers from Central Virginia Health Services (CVHS) and the Crater Health District (Health Dept.) will conduct weekly screenings.

What happens during the screening?

Participants will be asked to rest for 3-5 minutes before and during their blood pressure check. Screenings are done with a validated, automated upper arm blood pressure monitor for accuracy.

What if I my reading says I have elevated or high blood pressure (hypertension)?

High blood pressure can only be diagnosed by a medical professional. It is recommended you be seen for an in-office BP screening. You can also check out a blood pressure monitor from the library if you don't have one at home. Track your readings and share them at your appointment. If you don't have a doctor, you will be offered a referral to one of the healthcare partners below who may provide patients with their own blood pressure monitor as part of a self-measured blood pressure program supported by the American Heart Association.

For more information: <https://www.heart.org/en/health-topics/high-blood-pressure>

CONTACT

For information on attending a free blood pressure screening or borrowing a blood pressure monitor, please contact Customer Service by calling 804-733-2387, or by visiting: www.ppls.org/blood-pressure-monitors-and-screenings

For specific health related questions, please contact your healthcare provider. If you do not have a primary healthcare provider, you may contact any of the following health care collaborators:

Central Virginia Health Services - Downtown Petersburg Health Center

25 S. Union Street, Petersburg, VA 23803

(804) 957-9601

Central Virginia Health Services - Petersburg Health Center

321C Poplar Drive, Petersburg, VA 23805

(804) 733-5591

Morris Cardiovascular and Risk Reduction Center

228 Johnson Creek Drive, Chester, VA 23836

(804) 530-1044

Pathways Free Clinic

1200 West Washington St., Petersburg, VA 23803

(804) 862-1104 ext. 301