

# Your Neighborhood Fire Station isn't Just for Emergencies



The Jacksonville Fire and Rescue Department (JFRD) is here for your emergency, but we're also here for your health and wellness. Blood pressure checks are available free of charge throughout Duval County at any of the 58 Jacksonville Fire and Rescue Department fire stations.

As part of Mayor Lenny Curry's health initiative Journey to One, he is encouraging all adult citizens to "know their numbers" by taking the simple step of having their blood pressure checked. According to the American Heart Association (AHA), heart disease is the number one cause of death in the United States, and stroke is the fifth leading cause of death in our country. High blood pressure does not routinely produce noticeable symptoms and, left undiagnosed, can lead to a heart attack, stroke, and even kidney failure.

The AHA defines an optimal blood pressure reading as less than 120/80. Do you know your numbers? You can determine them by visiting a JFRD fire station.

When your blood pressure is checked at a JFRD fire station, you have access to a trained EMT or paramedic who can serve as a valuable resource and health partner. If necessary, JFRD personnel can provide immediate advanced life support, including transport to a local hospital.

For a list of JFRD Fire Stations, visit <http://www.coj.net/departments/fire-and-rescue/about-us/fire-stations> or call 904-630-0434 during the hours of 8 a.m. and 4 p.m. and 904-630-0527 after hours. For emergencies, dial 9-1-1.

