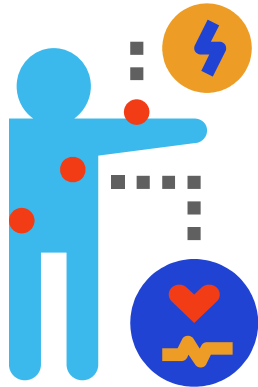


DO YOU HELP SOMEONE WHO HAS TROUBLE WALKING OR CLIMBING STAIRS?

Do you work for someone or have a family member who has trouble walking or climbing stairs? You should know that they might get deadly blood clots.



SIGNS & SYMPTOMS

Lung Blood Clot Signs:

- Sharp, stabbing chest or back pain
- Unexplained cough sometimes with bloody mucus
- Shortness of breath
- Fast or not regular heartbeat

Leg/Arm/Shoulder/Hip Blood Clot Signs:

- Swelling
- Pain or tenderness.
- Change in skin color.
- Skin warm to the touch

WAYS TO HELP

Since not moving is a big risk, moving legs and arms of the person you help can help prevent blood clots. Pay attention to how long they have been in the same position. Make sure you help them switch positions every few hours. Daily stretching and exercise helps with a healthy blood flow too!



PROMOTE GOOD HEALTH

Make sure the person you help eats well, exercises, and does not smoke.



Learn more about blood clots and how you can help here:

www.aahd.us/vte