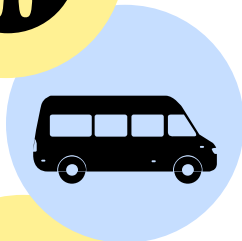


# Do You Help Someone who has Trouble Walking or Climbing Stairs?

*Here's How You Can Help with Blood Clots!*



## Observe and Help

Keep an eye out for blood clot signs and symptoms to help the person you serve stay healthy!

## Change Positions

Pay attention to how long the person you help has 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!

## Prepare Meals

Cook a well-balanced meal to help with health and maintaining a healthy weight!

## Transportation

Take the person you help to see their doctor or nurse to talk about blood clots!

## Exercise and Fitness

Help the person you serve with daily stretching and exercise for a healthy blood flow!

## Manage Medications

Make sure the person you help takes their blood clot medication.

Learn more about blood clots and how you can help here: [www.aahd.us/vte](http://www.aahd.us/vte)



Support provided by AAHD and the National Blood Clot Alliance. This content is for informational purposes only. Always seek the advice of qualified health providers with questions regarding medical conditions or treatments.