

Blood Clots

Reducing Your Risk

During long trips by **airplane**, bus, car or train, blood clots can form in your legs.

If the clot travels to your lungs, it can be **deadly**. The longer the trip, the greater the risk of a blood clot.

Prevent Blood Clots

- Wear loose clothing
- Move your legs and feet.
- Get out of your seat and walk every hour
- Avoid crossing your legs and bending your knees

Try these in-seat exercises.

Do them every 10 minutes and repeat 10 times:

- Lift your toes
- Lift your heels
- Make toe circles
- Slide your feet forward and back

WATCH FOR THESE SYMPTOMS during your trip and for a few days afterward.

Blood clots in the lungs:

- Chest pain especially with deep breaths
- Shortness of breath
- Fast heartbeat
- Fainting
- Coughing especially with blood

Blood clots in the legs:

- Swelling or soreness
- Redness or discoloration
- Increased warmth of the skin

If you have any symptoms of blood clots in your legs or lungs, notify the flight staff or a health care provider as soon as possible.
Do not wait!