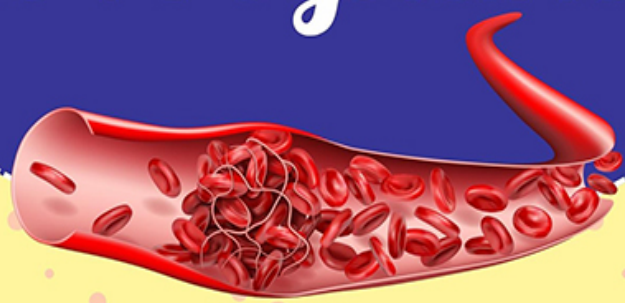


# Reducing The Risk Of **BLOOD CLOTS** *In Pregnancy*



Be aware of the signs and symptoms, which include pain or swelling without an injury and warm, red, or discolored skin.



Know your risk factors and find out if you have a family member with a blood clot disorder.



Stretch your legs and move your ankles during trips longer than four hours or pull your legs close to your chest and hold for 15 seconds.



Wear loose clothing and drink lots of water while traveling.



Follow your doctor's instructions for prevention, and don't skip medications like blood thinners.



## References

- 1 Pregnant? Don't Overlook Blood Clots; CDC
- 2 Blood clots and pregnancy; March of Dimes