



Traveling more than 4 hours carries more risk

The risk of a blood clot is low—but still worth preventing. Long trips (especially over 4 hours) can slow circulation and raise your risk for deep vein thrombosis (DVT) or a pulmonary embolism (PE).

Clots can take time to form after travel, so know the signs. A clot in your leg can break off and move to your lungs—and that can be life-threatening.

PREVENTION

- Move your legs and feet and get out of your seat:
 - Raise your heels with toes on floor
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- Get out of your seat and walk every hour
- Drink plenty of fluids, especially water
- Avoid alcohol and caffeine
- Wear loose clothing
- Do not cross your legs
- Avoid sleeping pills or long rest periods
- If you are driving, stop the car and walk for a few minutes every hour

Travel-Related Blood Clots: Other Risk Factors

- Age 65 or older
- Inherited blood clotting disorder
- Obesity
- Inability to move
- Pregnancy
- Estrogen-based contraception or hormone replacement therapy
- Previous DVT or PE

If any of the above risk factors apply to you, talk with your doctor about compression socks during travel or taking an anticoagulant before traveling.



YES

- Water
- Walk
- Stretch



NO

- Caffeine
- Alcohol
- Sleeping pills
- Crossed legs
- Sitting too long

Watch for these signs and symptoms:

Deep Vein Thrombosis (leg or arm clot)

- Swelling
- Pain and tenderness
- Skin discoloration
- Warm to the touch

Pulmonary Embolism (lung clot)

- Shortness of breath
- Chest pain that gets worse with each breath
- Rapid heart rate
- Coughing up blood