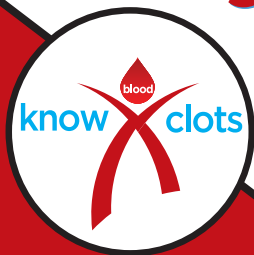


KNOW **the Warning** **Signs**



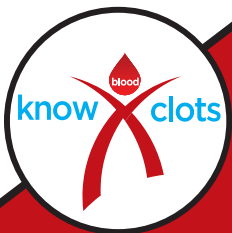
It's important to take good care of yourself when you've been diagnosed with a blood clot.

The good news is that after a blood clot diagnosis there are things that you can do to manage your condition.

The checklist on the other side will get you started.

Visit knowbloodclots.com for more information, or text **CLOTWEB to **412-652-3744** for helpful videos and health tips.**

To-Do List



Know the warning signs of a blood clot in the arm or leg...

- ✓ Swelling
- ✓ Pain or tenderness
- ✓ Skin warm to the touch
- ✓ Redness of the skin

Know the symptoms of a blood clot in the lungs...

- ✓ Difficulty breathing
- ✓ Chest pain that worsens with a deep breath
- ✓ Coughing up blood
- ✓ Faster than normal or irregular heart beat

Take your blood thinning medication as prescribed.

Notify your doctor of serious bruising or bleeding.

Follow up regularly with your doctor.

Notify your doctor of changes to your medications.

If you are injured, make sure you tell medical professionals if you are on blood thinning medication.