

4 Tips to Learn How You Can Stop the Clot, Spread the Word and Celebrate the Season – Audio Description Transcript

Illustration of a pregnant woman and a new mother with her baby.

Expecting or recently had a baby? Don't let a blood clot spoil your joy.

Learn 4 tips to take care of yourself.

Illustration of a mother in a wheelchair holding up her baby.

Tip 1: Know your risks. Pregnant women and new moms are more likely to develop a blood clot.

Blood clot risks associated with pregnancy

- Long bed rest after delivery
- C-section
- Family history of blood clots
- Pregnancy over age 35
- Pregnancy complications

Other risks for blood clots

- Smoking
- Sitting too long, such as traveling for more than four hours, especially with legs crossed
- Overweight or obesity
- Long-term disease, such as heart and lung conditions, or diabetes

Illustration of a new mother with her baby in front of pictures of their family.

Tip2: Learn your family's health history of blood clots.

Illustration of a new mother and father walking with their baby in a stroller at the park.

Tip3: Move around every 1 – 2 hours to help with blood flow.

Illustration of a pregnant woman holding her chest with symptoms including chest pain and arm swelling

Tip 4: Learn the symptoms of a blood clot so that you know when to see a doctor.

In the arm or leg:

- Swelling
- Tenderness
- Skin that is warm to the touch
- Redness of the skin

In the lungs:

- Chest pain
- Difficulty breathing
- Coughing up blood
- Fast or irregular heart beat

Stop the clot, Spread the Word.

Celebrate Family, Celebrate the Season.

To Learn more about blood clots, visit

www.stoptheclot.org/spreadtheword

HHS and CDC logo.

National Blood Clot Alliance. Stop the Clot. Logo

#StopTheClot