

Here is what you need to know to reduce your risk of thrombosis injury:

www.airhealth.org  
check for updates before you travel:

- Don't wear anything that impedes circulation (like a knee brace).
  - Risk increases with time in the air. A flight of less than two hours may be free of risk unless it follows another flight or if you spend hours waiting to take off.
  - Frequent ankle flexing, is the best preventive for ECS. Hourly if you have no risk factors, otherwise perhaps every five minutes.
1. With your feet flat on the floor push down with the balls of your feet, lifting your heels. Then, with your heels back on the floor, lift the balls of your feet from the floor. Deliberately but not strenuously. Repeat 10-12 times. If there is room, do this with legs extended.
  2. Exercise thigh muscles by sliding feet forward and back on the floor.
- Sleeping is dangerous, unless you can count on being wakened to move the muscles. If there is room, lie with your legs up at the same level as your heart. Two hours maximum for a person with no risk factors. If you are at heightened risk, use an alarm to wake and flex frequently.
  - Avoid sitting with your legs crossed for more than a few minutes.
  - Massaging the leg muscles (as some experts recommend) could be

dangerous if a clot has formed. If one lower leg has suddenly become swollen, don't massage it.

- If you are at heightened risk for blood clots, talk to your doctor about possibly taking anticoagulants and/or wearing medical compression hose. The biggest risk factor is a personal or family history of blood clots. Other risk factors include obesity, smoking, diabetes, heart disease, cancer, women who are pregnant or taking estrogen (including birth control pills), recent injury (including sprain or bruise, especially of the lower limbs or torso), recent surgery, and age (risk increases with age past age 60).

- Don't rely on aspirin to reduce blood clot risk; it is effective for some kinds of anticoagulation but not this kind.

If you are stricken, it will probably be a few days or more after the flight, 4.5 days on average. More often than not, there are no symptoms. If you feel the symptoms listed below, you need to see a doctor. A few days after the flight you will probably forget exactly what symptoms to watch for, so keep this wallet card with you. After 30 days you are probably safe.

## English

ECS symptoms to watch for up to 30 days after air travel.

Leg (Deep Vein Thrombosis, DVT) symptoms, during or soon after flight:

- Sudden swelling in one lower leg. (A little swelling in both legs is normal in flight.)
- Cramp or tenderness in one lower leg.

Chest (Pulmonary Embolism) symptoms usually appear 2-4 days or more after the initial clot in the calf, which you may not have noticed:

- shortness of breath
- rapid breathing, panting
- cramp in your side, painful breathing
- chest pain radiating to the shoulder
- fever
- coughing up blood
- fainting (often the first sign, especially in older people)

Tell the doctor that you have flown recently and that you suspect a blood clot.

You can point to your symptoms in English on the left and your doctor can see the French on the right.

## Français

Les symptômes à surveiller pendant 30 jours après le vol Jambes (Thrombose vasculaire) symptômes apparaissent pendant ou peu après le vol

- Enflurement du mollet dans une seule jambe. (Un peu de gonflement dans les deux c'est normale en avion.)
- Crampes du mollet, sensibilité des tissus.

Poitrine (Thrombose pulmonaire) Les symptômes apparaissent 2-4 jours après la thrombose initiale qui on ne peut être pas remarquer.

- respiration difficile, essoufflement
- respiration rapide, haletant
- crampe au côté, respiration avec de la douleur
- douleurs à la poitrine allant jusqu'à l'épaule
- fièvre
- crachant du sang en toussant
- Évanouissement (souvent le premier signe, principalement chez les vieux)

J'ai fait un vol de longue durée en avion, et j'ai peur de thrombose pulmonaire.

Vous pouvez indiquer vos symptômes à la droite et le médecin peut voir l'Anglais à la gauche.