

**Deep Vein Thrombosis (DVT)** is a blood clot that occurs in the leg, thigh, pelvis, or sometimes the arm. A Pulmonary Embolism (PE) is a potentially deadly condition that happens when a DVT clot, or part of it, breaks off and travels through the bloodstream to the lungs, reducing or cutting off blood supply.

### DVT risk increases when on flights over four hours, due to:

- Obesity
- Long Periods of Immobility
- Medication
- Dehydration
- Age and Family Medical History

### Symptoms include:

- Pain, swelling, tenderness, redness of the skin in the leg, thigh, or pelvis
- Difficulty breathing
- Chest pain or discomfort
- Fast or irregular heartbeat
- Coughing up blood
- Low blood pressure, light-headedness, fainting

### What can you do?

- Move and stretch during the flight
- Stay hydrated; avoid alcohol and caffeine
- Don't store items under the seat in front of you – use that space to stretch out
- Monitor for signs of a DVT for two weeks following a long flight
- Talk to a doctor if you've had DVTs in the past or are risk of recurrent blood clots

