We are blood clot preventers, *are you?*

**Get moving**
Move around as often as you can—movement keeps your blood flowing!

**Wear massagers**
These machines gently squeeze your legs to keep the blood flowing through them.

**Stay hydrated**
Drinking a lot of water helps your blood stay thin and flow correctly.

**Get a medicine**
You may need to get a medicine that will make your blood thinner and less likely to clot.