

# 〈For Everyone in the Disaster〉

Stay in Evacuation  
Shelter

&

Overnight Stay in the  
Car

## Information about the Prevention of Deep Vein Thrombosis (DVT) and Pulmonary Embolism(PE)

☆ **What is a pulmonary embolism?** When you stay in the evacuation shelter or in a vehicle, you will stay in the same position for a long time and will not drink enough water. Under these circumstances, you are not using your muscles enough and the venous pumping action of the muscle contractions around blood vessels is too weak. These conditions may result in poor blood flow in the veins and finally cause blood clot formation in the deep vein of the legs. This condition is called “deep vein thrombosis”, usually presenting with leg swelling and pain. These blood clots may travel to the heart and block the arteries to the lung. When a clot clogs the pulmonary artery, it is called a “pulmonary embolism. It causes severe symptoms, such as chest pain, difficulty breathing, extreme physical fatigue and shock.

### Who is prone to deep vein thrombosis and pulmonary embolism?

Extended period of immobility	Malignant tumor
Dehydration	Stay in a vehicle
Old age	Taking oral contraceptives (pills)
Obesity	Leg trauma
Pregnancy	Taking sleeping pills
etc..	

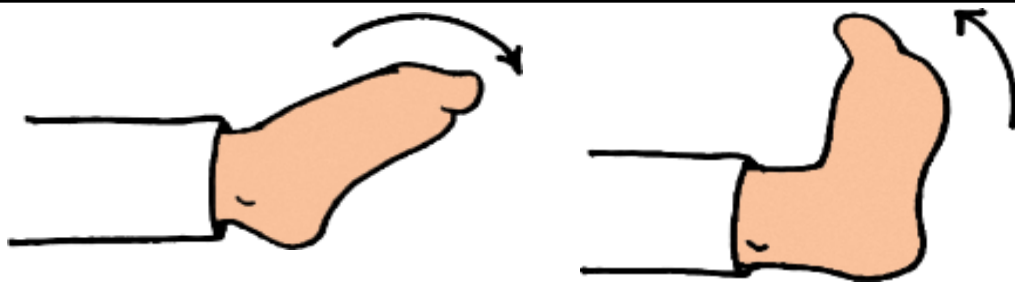
### ☆ For Prevention

◇ Active exercise such as Walking, ankle joint exercise, leg lifting and leg massage are recommended.

Exercise activates your pump function of the legs and the blood flow. Exercise prevents blood clot formation. If you are unable to leave your bed or walk, please try ankle joint exercises, leg lifting, or leg massage.

#### ◇ Hydration

Drink water or tea (caffeine-free) and avoid dehydration. But if you have heart disease and under fluid restriction, please follow your doctor instruction.



**Bend and Stretch your ankles !**

### Caution!

When you have difficulty in breathing or leg swelling, please inform to the medical staffs or somebody around you.