

Distinguishing Between COVID-19 and a Blood Clot

COVID-19 infections and blood clots have some common symptoms. However, mistaking blood clot symptoms for COVID can result in delayed treatment that can be life-threatening. It is important to identify whether any symptoms are uniquely attributable to blood clots:

DIFFERENTIAL DIAGNOSIS – SIGNS & SYMPTOMS	
BLOOD CLOTS & COVID-19	BLOOD CLOTS
<ul style="list-style-type: none"> • Rapid heart rate.Shortness of breath. • Skin discoloration. • Loss of consciousness. 	<ul style="list-style-type: none"> • Localized pain or tenderness, often at the site of the clot and starting in the calf. The discomfort can range from a dull ache to intense pain. Lower leg cramps also may occur. • Swelling in the ankle or foot and/or swollen, painful veins. • Localized warmth in the area of the blood clot. • Chest pains. In cases of pulmonary embolism, where the clot travels to the lungs, chest pain may worsen with deep breaths and the person may cough up blood. • Light-headedness that may cause the person to pass out.

Risks for blood clots include:

- Obesity
- Smoking
- Alcohol consumption
- Cancer treatments
- Trauma
- Extended hospital stays/bedrest
- Personal or family history of blood clots or a recent stroke
- Having surgery

When blood clots are diagnosed and treated promptly, even high-risk patients can recover and even lead an active, fulfilling life for years to come.

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