

Be careful of Economy Class Syndrome! It tends to occur a few days after a disaster.



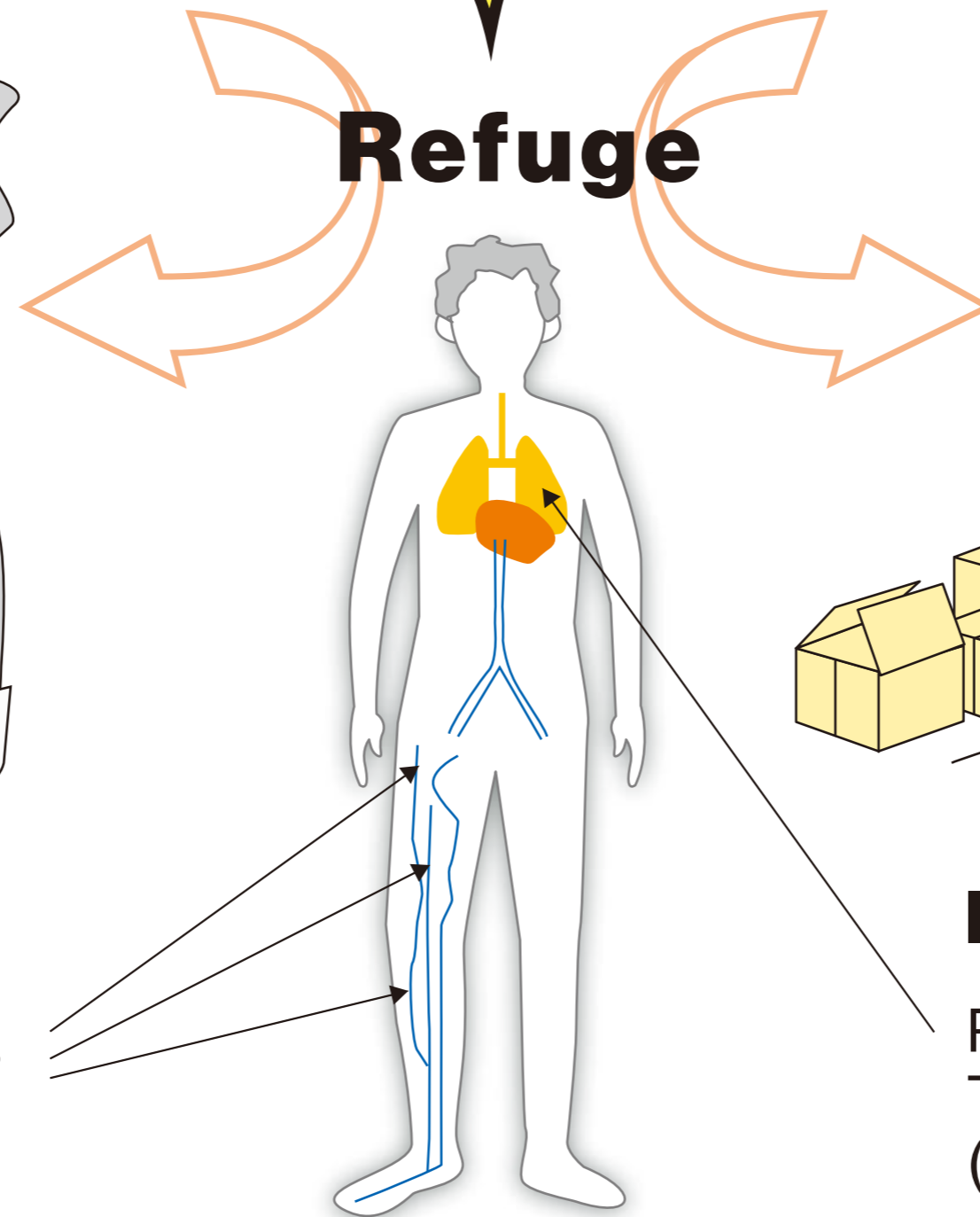
If you remain in the same position, blood clots may form in your veins and cause you to die.

Refuge



In your car

Deep Vein Thrombosis (DVT)



In a lodging house

Pulmonary Thromboembolism (PTE)