



# Proclamation

## By the Governor of Alabama

*WHEREAS, a blood clot is a mass of blood that forms when platelets, proteins and cells in the blood stick together. The body naturally forms blood clots after an injury to stop bleeding and to help the wound heal; and*

*WHEREAS, blood clots can sometimes form when they are not needed – when the body produces too many clots, forms abnormal clots or fails to properly dissolve clots after an injury. These dangerous clots can develop anywhere in the body, leading to serious illness, disability or death if not promptly treated, and they do not discriminate by age, gender, ethnicity or race; and*

*WHEREAS, as indicated by the public education campaign “Stop the Clot, Spread the Word,” made possible through the partnership of the National Blood Clot Alliance and the Centers for Disease Control and Prevention, up to 900,000 people are negatively affected by blood clots every year; and*

*WHEREAS, an estimated 100,000 Americans die annually due to blood clots and many others have long-term complications. Blood clots can be further defined as a deep vein thrombosis or a pulmonary embolism; and*

*WHEREAS, a deep vein thrombosis occurs if a blood clot forms in one of the large veins, typically in a person’s lower leg, thigh, pelvis or arm. This type of blood clot can partly or completely block the flow of blood or blood circulation in the body. If a blood clot is not treated, it can travel to the lungs, causing a blockage known as a pulmonary embolism, which requires immediate medical attention; and*

*WHEREAS, it is important to recognize the signs and symptoms of a blood clot, with a deep vein thrombosis often presenting as swelling, pain, tenderness and redness or discoloration of the skin at the affected area; and*

*WHEREAS, the negative consequences of blood clots are preventable, and the best ways to avoid them include: Knowing the risks factors, recognizing the signs and symptoms, informing a medical professional of any risk factors, speaking with a medical professional about blood clots before any surgical procedure and seeing a medical professional as soon as possible when symptoms emerge;*

*NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim March 2026, as*

# Blood Clot Awareness Month

*in the state of Alabama.*



*Given Under My Hand and the Great Seal of the Office of the Governor at the State Capitol in the City of Montgomery on the 2<sup>nd</sup> day of March 2026.*

*Kay Ivey*  
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Kay Ivey, Governor