

## HOW TO IDENTIFY A JOINT BLEED: QUICK TIPS

### EARLY SIGNS

- A tingling, bubbling sensation (but no real pain)
- Tightness and pain (but no visible signs)

### LATER SIGNS

- Swelling at the joint and a hot feeling when the skin is touched
- Pain when bending or extending the joint
- Worsening swelling, and difficulty moving

**REMEMBER:** The earlier you treat a joint bleed, the better your chances of preventing serious damage.