

What should I do if I fall?

You should always be prepared for a fall, just in case it does happen.

- Do not stand up right away
- Remain calm and still
- Take a few deep breaths
- Use a chair to steady yourself and rise up enough to sit on the chair and rest
- If you are hurt or cannot get up, call for help
- If alone, stay where you are and try to get comfortable while you wait for help to arrive



Always try to:

1. Hold a cell phone, portable phone, or personal emergency response system while walking around your home
2. Arrange for a friend or family member to call you at a specific time each day



No matter what, make sure you let your doctor know you fell, even if you are not hurt!

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