

# 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. Have a cell phone, smart watch, 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 that you let your doctor know you fell, even if you are not hurt!

*HealthEASE*