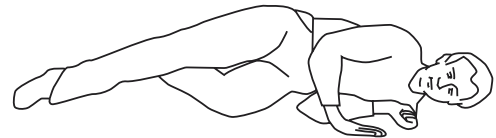


# What to Do If You Fall

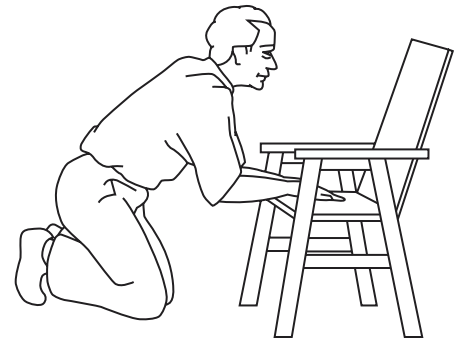
## If you fall at home, remember

- Step 1.** Stay quiet for a moment — don't panic.
- Step 2.** Decide whether or not to try to get up.

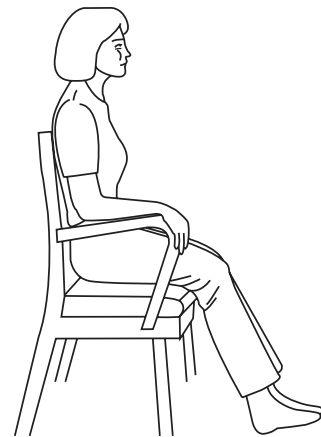


## If you decide to try to get up

- Step 1.** Use strong, stable furniture for support as you try to get up.



- Step 2.** Take some time to recover from your fall after you get up.



- Step 3.** Tell someone that you had a fall.
- Step 4.** Get medical advice if necessary.

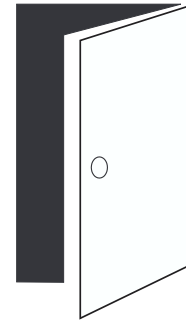


## If you cannot get up, or if you decide not to try

**Step 1.** Slide or crawl to get help if you can. You might be able to reach one of the following:



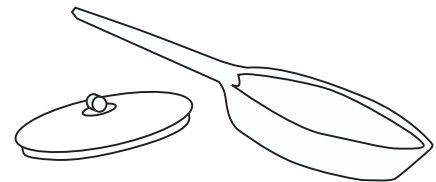
Telephone



Door to the outside



Emergency Response System



Something to make a loud noise

**Step 2.** Tell someone you have fallen and need help.

**Step 3.** After calling for help, lie quietly until help arrives. Keep as warm and comfortable as you can.

**Step 4.** Get medical advice if necessary.

## If you have questions

If you have any questions about this information, please talk with your nurse, therapist, or doctor.

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For more information on Emergency Response Systems or fall prevention, call Vital Link at 800-752-5522 or visit us at [www.vlink.org](http://www.vlink.org)