

Prevent **Falls** by Taking Good Care Of *Yourselves!*

Keep as active as possible.

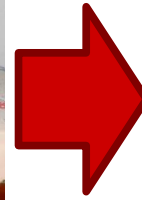


Physical activity keeps you healthy and reduces the risk of falls.

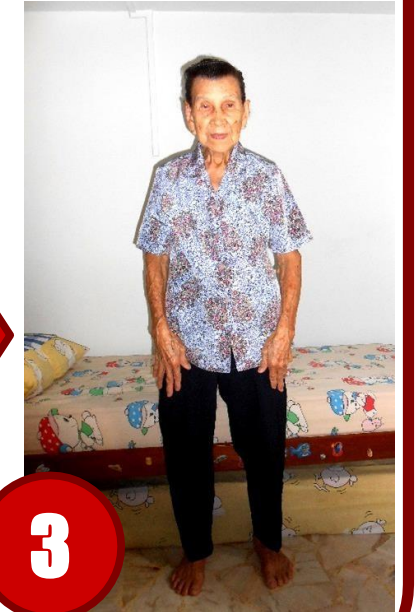
**Stand up slowly after lying down or sitting.
Make sure you are steady before walking.**



1



2



3

**Eat a wide variety of food and
drink plenty of water unless
your doctor advises otherwise.**



Inform your doctor if you have a fall.



Falls can be a sign of a new medical problem, balance problems, medication side effects, muscle weakness or a combination of these.

**If your doctor or
therapist suggests using
a walking aid, use it!**



Do not substitute with an umbrella as it will not provide the stability you need.

**If you feel dizzy
when you walk,
find somewhere
safe to sit down.**



**See your doctor if you feel
sudden or gradual weakness
in the legs, difficulty in
standing or walking,
dizziness when walking.**

