

The following are steps to take following a fall:

1. Assess

Remember to take several deep breaths, assess, the situation and determine if you are hurt.

2. Get Help

First ask yourself if you can attract attention. Try shouting or banging on something.

3. Get Up

If you feel strong enough to get up.

4. Call Your Doctor

It is important to always notify your doctor when you fall regardless of injury.

Sometimes older adults are able to get up from a fall without any injuries and continue about their day. In other cases older adults may need medical attention.

The following are reasons you may need immediate medical attention:

- If you experienced loss of consciousness or are unsure
- If you hit your head (no matter how minor)
- If you have pain anywhere on your body
- If you are taking blood thinners
- If you are having shortness of breath
- If you are having any numbness/tingling or paralysis anywhere on your body
- If you are confused
- If you are dizzy
- If you are having abdominal pain/tenderness
- If you have any bleeding
- If your fall was caused by anything other than tripping or poor footing
- If your experiencing neck pain or stiffness
- If you are unable to get up after a fall or having to lay there for longer than 15 minutes.
- If you fell from a height greater than standing position