

**WHAT TO DO IF YOU FALL!**

**IF YOU FALL, ASK YOURSELF:**

**DON'T PANIC!  
TAKE A DEEP BREATH.  
RELAX  
SLOW DOWN!**

**AM I HURT?**

NO

YES

**CAN I GET UP?**

**CAN I GET ATTENTION NOW?**

YES

NO

YES

NO

**BE PREPARED NOW SO THIS NEVER HAPPENS TO YOU.**

**GET UP SAFELY**

**GET HELP**  
(USE PHONE, USE PENDANT ALARM, YELL)

**YELL, MAKE LOUD NOISES**

**TELL YOUR DOCTOR!**

**WAIT FOR HELP**

**KEEP COMFORTABLE,  
KEEP WARM &  
KEEP MOVING**

**KEEP YOURSELF WARM  
AND COMFORTABLE UNTIL  
HELP ARRIVES**

**WAIT FOR HELP**

**CONTINUE THIS CYCLE UNTIL HELP ARRIVES.**