

HAVE YOU OR A LOVED ONE FALLEN IN THE LAST YEAR?

Tips to prevent falls

- Get a cane and or walker
- Have a pharmacist review your medication list
- Get an assistance bar to aid in bathing
- Get a no-slip mat for the bathroom
- Get out of bed slowly in the morning
- Hold on to a cane or walker when first standing up
- Wear proper footwear or no-slip socks
- Remain active and keep your muscles strong
- Take a calcium and vitamin D supplement
- Be sure to have good lighting inside and outside
- Get rid of any extension cords or rugs that could cause a fall



Talk to your pharmacist today to be sure you are doing everything possible to prevent a FALL!

Brought to you by this pharmacy and the National Community Pharmacists Association



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