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