Follow these steps to decrease the chance of further injury after a fall.

**Don’t Panic**
After a fall, panic is often the first reaction. It’s important to stay calm so you can think clearly and get help fast.

**Check for Injuries**
Check your body for broken bones. If you are injured, don’t get up. Yell for help or crawl to the telephone and call for help.

**Get Up if You Can**
If you can get up, do so slowly. Here’s how to get up safely:

1. **Rollover onto your side**
2. **Crawl to a chair**
3. **Pull yourself up**
4. **Turn & sit down**

**Make a list of phone numbers of people you can call in an emergency. Keep the list by your phone. If you need help immediately, call 911.**

1. This document is FCS2223, one in a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611. Publication date: April 2005. Please visit the EDIS Website at http://edis.ifas.ufl.edu
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