

What to do if you fall?



Ask yourself if you are well enough to get back up.

- If so, get up slowly.
- Call 811 for advice.

If you cannot get back up, call 911.



Signs of injury:

Should you fall, watch for these signs over the next two days:

- Headaches.
- Nausea.
- Severe pain in a part of the body.
- Difficulty walking.
- Double vision.
- Loss of consciousness, fainting.
- Dizziness.



Call 911 if :

- You hit your head when you fell.
- You are taking blood-thinning medication.

If you fall:

It is important to discuss it with your loved ones.
They will help you watch for signs of possible injury.

**At your next appointment,
tell your doctor or healthcare professional
that you have fallen.**



For more information in English,
go to: drspmtl.ca/chutes
Information in English can be found
at the bottom of the web page



**Tip : Carry a telephone or alarm button with
you at all times so you can call for help.**