

## What To Do If You Fall

Despite all your best efforts to prevent a fall, unfortunately, they still happen. To be clear, a fall is any unplanned contact with a lower surface. In this case, we are concerned with falls that cause you to hit the ground. This is a brief guide on what to do in the worst-case scenario.

IF	THEN
You are injured—severe pain or inability to bear weight on your legs	Call 911. Attempting to move can make an injury worse. Do not let someone move you without your consent.
IF	THEN
You are not sure you are injured, but you hit your head and lost consciousness, however briefly	You are at risk for having a brain injury. Any person with a fall resulting in a loss of consciousness should seek immediate medical attention, even if they feel fine, especially if they are on blood thinners such as Coumadin or aspirin.
IF	THEN
<p>Anytime after a fall you have ANY of the following:</p> <ul style="list-style-type: none"> <li>-Headache that gets worse or does not go away</li> <li>-Weakness, numbness, or decreased coordination</li> <li>-Repeated vomiting, nausea, or slurred speech</li> </ul> <p>As a caregiver, you notice:</p> <ul style="list-style-type: none"> <li>-Increased drowsiness</li> <li>-One pupil larger than the other</li> <li>-Convulsions or seizures</li> <li>-Increased confusion, restlessness, or unusual behavior</li> </ul>	There may be a very dangerous blood clot or bleed in the brain. Go to the emergency room if you are able to do so safely. If not, call 911.

IF	THEN
<p>You are not badly injured</p>	<ul style="list-style-type: none"> <li>-Take a breath and get up from the floor.</li> <li>-If you are lying on the ground, first push yourself up into a sitting position. Pause.</li> <li>-Come on to your hands and knees.</li> <li>-If available, crawl to the nearest chair or other solid object.</li> <li>-Rise or pull yourself into a kneeling position, then bring one foot forward.</li> <li>-Push either on your legs or the chair into a standing position.</li> </ul> <p>Afterwards, inform your physician. Explain the circumstances of the fall—were you lightheaded? Did you trip? Did your legs give out? This can help your provider decide the best action plan, which may include physical therapy.</p>