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 is important to stay calm so you can think clearly and get help fast.

**Check for Injuries**
If you think you may have a broken bone or other injury, do not 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 is how to get up safely:

- Roll over onto your side
- Crawl to a chair
- Pull yourself up
- Turn and sit down

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