

# 5 Simple Things YOU Can Do



## To Prevent Falls

- 1** Exercise regularly. Physical activity programs like Tai Chi that increase strength and improve balance are especially good.
- 2** Ask your doctor or pharmacist to review your medicines to reduce side effects and interactions that could make you dizzy or unsteady.
- 3** Have your eyes checked at least once a year.
- 4** Improve the lighting in your home.
- 5** Reduce the hazards in your home that can lead to falls, such as loose carpets and slippery or uneven floors.

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