

What can help if I do fall?

What will help	What you can do	Where to go or who to phone
<p>Getting help quickly after a fall is very important. It can reduce the chance of needing hospital admission and it can reduce the risk of death.</p> <p>A Medical Alarm will help you get help quickly.</p> <p>You can also call 9-1-1. Do not be embarrassed. Firefighters are community helpers and will assist you.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Buy a portable telephone and carry it with you. <input type="checkbox"/> Investigate getting a medical alarm system. <input type="checkbox"/> Refer to “What to do if you fall” on page 36. 	<ul style="list-style-type: none"> <input type="checkbox"/> See pages 30 - 34 and call your local seniors community services to ask about medical or personal alarm systems and security checks. <input type="checkbox"/> Medical and personal alarms - refer to Medical Alarms in the yellow pages.