

# FALLS CAN BE PREVENTED

SAN MATEO COUNTY  
FALL PREVENTION TASK FORCE

## EXERCISE

**Strength, balance and movement** are important in reducing falls. Ask your doctor if it's OK to start walking or exercising. **Keep active.**



## VISION

Have your vision checked every year.



## SAFE BEHAVIORS

Take your time and wear well-fitted, flat, thin-soled shoes with non-skid soles.

## MEDICATION REVIEW

Ask your doctor or pharmacist to **review your medications, including prescription, over-the-counter, vitamins and herbal supplements.**



## HOME SAFETY

**Make simple home modifications**

- install grab bars and stair railings
- remove throw rugs and clutter
- increase lighting in your home.

**DON'T LET A FALL CHANGE YOUR LIFE.  
TALK TO YOUR DOCTOR ABOUT YOUR FALL RISK.**

[www.smcfallprevention.org](http://www.smcfallprevention.org)

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