



“I have my eyes checked by an eye doctor every year. Last time I found out I needed new glasses.”

What YOU Can Do To Prevent Falls:

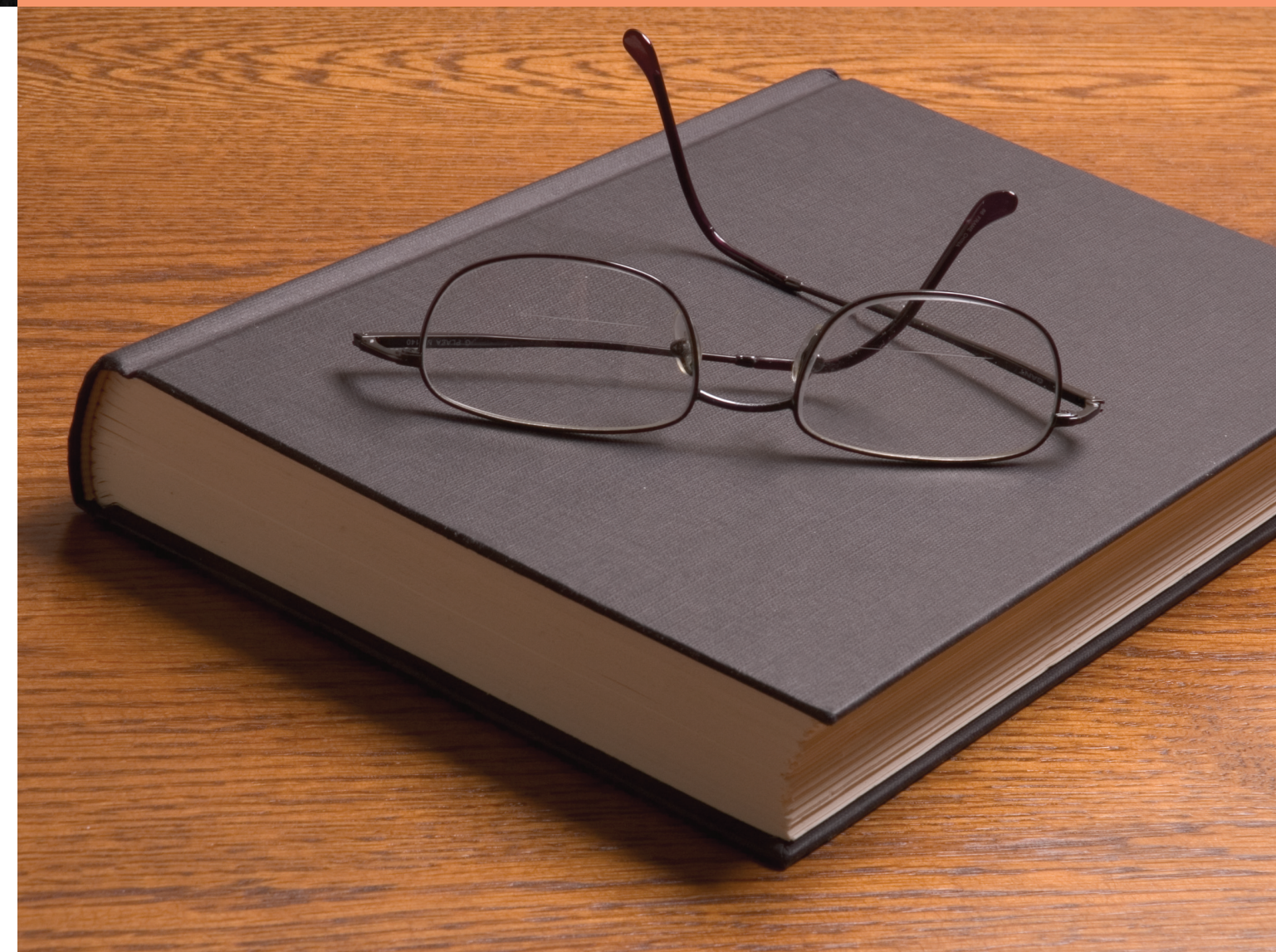
# Have your vision checked

Three other things YOU can do to prevent falls:

- 1 Begin a regular exercise program
- 2 Have your health care provider review your medicines
- 3 Make your home safer

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Department of Health and Human Services  
Centers for Disease Control and Prevention





**What YOU Can Do To Prevent Falls:**

# Begin a regular exercise program

Three other things **YOU** can do to prevent falls:

- 1 Have your vision checked
- 2 Have your health care provider review your medicines
- 3 Make your home safer

**“Exercise makes me stronger and helps me feel better.”**

  
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Photo courtesy of Jake Pauls

What YOU Can Do To Prevent Falls:

# Make your home safer

Three other things **YOU** can do to prevent falls:

- 1 Begin a regular exercise program
- 2 Have your health care provider review your medicines
- 3 Have your vision checked

“I’m glad I had handrails put on both sides of my stairs.”

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“My doctor and I talked about my medicines. One kind made me dizzy so he prescribed something else.”

What YOU Can Do To Prevent Falls:

# Have your health care provider review your medicines

Three other things YOU can do to prevent falls:

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