

Meet a new hero  
in the fight against coronavirus.



**NOW**, more than ever,  
is the time to **STAND STRONG**.

What does **fall prevention** have to do with the COVID-19 pandemic? Older adults who fall are among the heaviest users of emergency rooms and 9-1-1. Older adults are at **highest risk** to suffer the serious effects of coronavirus disease.

Right now, emergency departments, hospitals, health care personnel and first responders face an unprecedented load due to COVID-19.

Call 9-1-1 if it's an emergency, of course, but please make the extra effort to prevent yourself from falling. Help reduce the load on our health care systems while reducing your chances of contracting COVID-19.

Stay hydrated • Toilet regularly • Take medications as prescribed  
Use your assistive devices • Check in regularly with family members  
Avoid risky behaviors – when tempted, think *“I’m not falling for it!”*

**STAY HOME • STAY SAFE**  
**STAY ON YOUR FEET**

