

# FALL PREVENTION ZONE TOOL



## ALL CLEAR ZONE

**Continue Medications as directed, keep all medical appointments, stay aware of surroundings.**

- 👍 No weakness or dizziness
- 👍 No loss of balance
- 👍 No fear of falling

## WARNING ZONE.....

In **Moore County**, call your healthcare provider at **910-255-4400**. If after hours, call **910-715-1000** and ask for PMC Primary Care doctor on call. In **Lee County**, call **919-774-6518**, during or after hours. PMC Walk In Clinic is available in either county.

- 👎 Had a fall without injury
- 👎 Stumbling or Staggering
- 👎 Feeling weak, lightheaded, or dizzy
- 👎 Loss of balance
- 👎 Need more help than normal to stand

## MEDICAL ALERT ZONE.....

**Call 911 for ANY DISTRESS including:**

- ! Fall with injury
- ! Feeling faint
- ! Vision changes, seeing double
- ! Require total assistance to walk, get out of bed, or to dress