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

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 **919-708-1528**, 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
- Vision changes
- Require total assistance to walk, get out of bed, or to dress