## Get Up: Prevention of Falls

**Every 20 minutes an older adult dies from a fall.**

Practice strength and balance exercises to prevent falls.

### Get Up: Prevention of Falls

1. Talk to your doctor about your fall risk, medication side effects (like dizziness or sleepiness) and vitamins for bone health.
2. Practice strength exercises to improve balance.
3. Get an annual eye exam and update your vision prescriptions.
4. Remove obstacles from your home that you could trip over.

For more information, visit [cdc.gov/homeandrecreationalsafety/falls](https://www.cdc.gov/homeandrecreationalsafety/falls)