

COMMUNITY HEALTH EDUCATION

JUNE 2025

June National Safety Awareness Month

Preventing falls:

More than 1 in 4 older adults fall each year, meaning falls are common. But you can make small changes to help prevent falls.

Falling can lead to broken bones, trouble getting around, and other problems — especially if you're age 65 years or older. A fracture (broken bone) can cause pain and disability. It can also make it hard to do everyday activities, like cooking or taking a shower, without help. A broken hip may lead to serious health problems — and even death.

Many falls are preventable. Follow these steps to lower your risk of falling.

- Physical activity - Staying active can help you feel better, improve your balance, and make your legs stronger.
- Improve your balance - Exercises that improve your balance can help prevent falls. For example, tai chi is a mind-body exercise that can help with balance.
- Build your muscle strength - Do muscle-strengthening activities at least 2 days a week. These include lifting weights or using resistance bands (long, stretchy rubber strips).

Medication safety:

When you're sick, medicines can help you feel better and get well. But if you don't follow the directions, medicines can harm you.

Any medicine can have side effects. But you can lower your chances of side effects from medicines by carefully following the directions on the medicine label or from your pharmacist, doctor, or nurse.

Side effects may be mild, like an upset stomach. Other side effects — like damage to your liver — can be more serious. Some side effects can even be deadly.

Take these steps to avoid problems with medicines:

- Follow the directions on the medicine label carefully.
- If you don't understand the directions, ask your doctor, nurse, or pharmacist to explain them to you.
- Keep a list of all the medicines, vitamins, minerals, and herbs you use — and share this information with your doctor at your next checkup.
- Store your medicines in a cool, dry place where children and pets can't see or reach them.

