
ACCESSING SAFETY KNOWLEDGE (ASK) SHEET: 8 TIPS FOR A HEALTHY FALL



Get Your Screenings

Visit your doctor regularly for preventive services like cancer and diabetes screenings, colonoscopy, well woman exams and routine blood work!



Wash Your Hands!

Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others.



Get a Flu Shot

An annual flu vaccine is the best way to protect against the flu, especially for cancer survivors.



Get a Dental Exam

The health of the teeth, mouth and gums is central to a person's overall health



Use Telemedicine

You can facetime a doctor online for flus, colds, sore throat, ear pain, pink eye, rashes and much more! They can prescribe you a medication to be picked up at your local pharmacy.



Sleep!

Sleep plays an important role in your physical health. Ongoing sleep deficiency is linked to increased risk of heart disease, kidney disease, high blood pressure, diabetes and stroke.



Make Fall Fitness Goals!!

Adults need at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.



Buy in-season Food

Beets, broccoli, cabbage, eggplant, kale, pumpkin, broths, roasted squash, root veggies and dark leafy greens are all great choices!