

What To Do If You Have Fallen and Can't Get Up

If you have fallen, can't get up and feel you may be injured, call 911 and answer the dispatcher's questions.

If you have fallen, can't get up, and don't feel you are injured, call 911 and ask the dispatcher to connect you to the fire department for a "lift assist." Fire-station personnel are dispatched and there is typically no charge for the lift assist. If the attending fire-station personnel determine that you may need medical attention, they will call for paramedics and transport to urgent care or an emergency room.

If you live in Rossmoor, call 925 939-0693 for urgent assistance. For general assistance call the front gate (Securitas 925 988-7843). If you fall and are injured, call 911 and also call the front gate. Securitas has an EMT who may be able to get to you more quickly.

When and When Not To Call 911

The links below are to government 911 sites and contain guidelines on when to call 911.

<https://www.911.gov/calling-911/>

<https://news.caloes.ca.gov/when-to-call-911-and-when-not-to-call-911/>