

# Stroke Prevention in Bathrooms

Many people get stroke in the bathrooms which may cause deaths. Sometime due to slippery they get head injury in the bathroom. Below are few tips for Seniors above 60 years of age or those who need special care.

**Make sure** there is **NO** slippery in the bathrooms, use slippery prevention mats in bathtubs.

**Make sure** there is enough support to hold in the bathrooms to prevent you from falling down which may cause head injury. **70** Plus and those with special needs keep the door unlocked (closed the door without lock).

**Make sure** to start wetting your body right from the feet first for **10** seconds, then leg below knees for **10** seconds, then above knees for **10** seconds, then below the belly for **10** second, then below the neck for **10** seconds and lastly put your head and whole body under shower.

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