

“What Should I Do Right Now After a Car Accident?”

Addie’s Framing Principle:

Your safety and health come first. What you do in the minutes and days after a car accident can affect both your recovery and any insurance or injury claim later.

Step 1: Make Sure Everyone Is Safe

- Check yourself and others for injuries
- If anyone is seriously hurt, **call 911 immediately**
- If it’s unsafe to remain where you are, move to a safer location if possible

Step 2: Call 911 and Request Police (When Appropriate)

- Police documentation can be important later
- Even if the accident seems minor, a report can help clarify fault
- Cooperate with law enforcement, but avoid speculating or admitting fault

Step 3: Seek Medical Attention

- Accept medical help at the scene if offered
- If you decline at the scene, **get checked as soon as possible**
- Injuries often appear hours or days later
- A medical evaluation helps protect your health and documents the incident

If symptoms are severe or worsening, seek emergency care immediately.

Step 4: Document the Scene (If You Are Able)

If safe to do so:

- Take photos of vehicle damage

- Photograph the accident scene, skid marks, traffic signs, and road conditions
- Capture license plates and insurance cards
- Collect names and contact information of witnesses

Step 5: Exchange Basic Information

Exchange:

- Name and contact information
- Insurance details
- Driver's license information

Avoid discussing fault or details beyond basic facts.

Step 6: Be Careful What You Say

- Do not admit fault
- Avoid statements like "I'm fine" or guessing about injuries
- Remember that statements may be documented or recorded

Step 7: Notify Your Insurance Company

- Report the accident promptly
- Provide basic factual information
- Avoid recorded statements if possible until you understand your options

Step 8: Follow Through With Medical Care

- Attend follow-up appointments
- Follow medical advice
- Keep records of treatment, symptoms, and expenses

Consistent care supports both recovery and documentation.

Step 9: Consider Speaking With a Personal Injury Attorney

In many cases, especially if injuries are involved:

- A brief consultation can help clarify rights and options
- Most Texas personal injury attorneys offer free consultations
- Speaking with an attorney does not obligate you to hire one

Step 10: Take Care of Yourself

- Accidents can be physically and emotionally stressful
- Rest when needed
- Ask for help if symptoms or stress worsen

Addie's Calm, Action-Oriented Closing Message

Core Addie Language Template:

“Right after a car accident, focus on safety first. Get medical care, document what you can, be cautious in conversations, and follow up as symptoms develop. Taking early, thoughtful steps can help protect both your health and your options.”

Internal Guidance for Addie (Not User-Facing)

- Prioritize emergency escalation when appropriate
- Avoid assigning fault
- Emphasize health over claims
- Keep steps clear and sequential
- Support without overwhelming