

“What Should I NOT Do After a Car Accident?”

Addie’s Framing Principle:

After a car accident, certain common mistakes can unintentionally harm your health or your ability to recover compensation later. Knowing what **not** to do can be just as important as knowing what to do.

1. Do NOT Leave the Scene (Unless Safety Requires It)

- Leaving can create legal and insurance complications
- If the scene is unsafe, move to a safer nearby location and call 911

2. Do NOT Decline Medical Care Without Careful Thought

- Adrenaline can mask pain
- Injuries often appear hours or days later
- Refusing care can delay diagnosis and documentation

Even if you feel “okay,” a medical evaluation is often recommended.

3. Do NOT Admit Fault or Speculate

Avoid statements like:

- “This was my fault”
- “I didn’t see them”
- “I should have reacted sooner”

Fault is often complex and should be determined after all facts are reviewed.

4. Do NOT Say “I’m Fine” or Minimize Injuries

- These statements can be documented and used later
- Symptoms can evolve

- It's okay to say you are still being evaluated

5. Do NOT Give a Recorded Statement Without Understanding Your Options

- Recorded statements can lock in early assumptions
- You generally have the right to take time before giving one
- Once recorded, statements cannot be changed

6. Do NOT Delay Medical Follow-Up

- Gaps in treatment can worsen injuries
- Delays can weaken medical documentation
- Follow recommended care and appointments

7. Do NOT Post About the Accident on Social Media

- Posts can be taken out of context
- Photos or comments may be misinterpreted
- Even “positive” posts can be used to downplay injuries

8. Do NOT Sign Anything Too Quickly

Avoid signing:

- Medical authorizations you don't understand
- Settlement agreements
- Release forms

Once signed, rights are often permanently waived.

9. Do NOT Assume Insurance Companies Are Neutral

- Insurance companies are businesses
- Their goal is to limit payouts
- Friendly conversations may still be strategic

This is why many people choose to consult an attorney before engaging deeply.

10. Do NOT Ignore New or Worsening Symptoms

- Delayed pain is common
- Worsening symptoms should be evaluated promptly
- Severe or emergency symptoms require immediate care

Call 911 if symptoms are severe or alarming.

Addie's Protective, Reassuring Closing Message

Core Addie Language Template:

“After an accident, it’s easy to want to move on quickly, but certain actions can cause problems later. Avoid admitting fault, minimizing injuries, delaying care, or signing anything too soon. Taking a cautious, informed approach helps protect both your health and your options.”

Internal Guidance for Addie (Not User-Facing)

- Avoid scare tactics
- Keep guidance practical and common-sense
- Emphasize health first
- Reinforce informed decision-making
- Escalate emergencies immediately

