

If you or a friend or loved one has been involved in an automobile accident, here's what you should know about your health.

1. Even a minor accident can cause injury. Never assume that you are not injured just because there is little or no damage to your car. Seek professional care immediately.
2. If a paramedic suggests you go to the emergency room, don't decline. You may be suffering from shock, and will be unable to properly judge the situation. Even the smallest fracture in your spine can be very serious!
3. Muscle aches, soreness, headaches and other symptoms associated with whiplash injuries may not show up until 24-72 hours after the accident. The sooner you seek treatment, the less likely it will be that you will have severe pain or permanent damage.
4. Studies show that ICE applied immediately to the injured area will help keep swelling and pain to a minimum.

IF YOU WOULD LIKE ANY ADDITIONAL INFORMATION ABOUT AUTO ACCIDENTS, WORK RELATED INJURIES OR OTHER HEALTH RELATED PROBLEMS, PLEASE CALL US. WE WILL BE HAPPY TO ASSIST YOU IN ANY WAY POSSIBLE.

Important Numbers & Information

Provider	Name	Phone Number
ACST	Dr Roberson	(202-293-8400)

Insurance Agent _____

Insurance Company _____

Policy Number _____

Towing Company _____

Nearest Relative _____

Medical Doctor _____

Car Rental _____

Medical Information

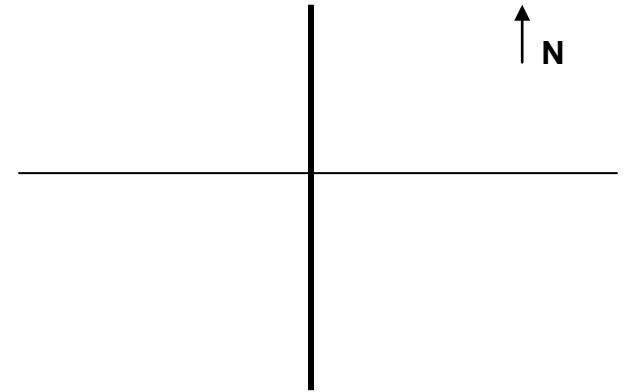
Allergies _____

Medications _____

Medical Conditions _____

If you are experiencing low back pain, neck pain, extremity pain, headaches, sinus problems, or other symptoms that you think may be helped by chiropractic care – call our office at (202-293-8400), so that we can assess your medical history and start your process of healing.

Accident Diagram:



For your protection please be sure to include all the information you can. It is important to list all cars involved and their location and damage after the accident. You can use the map above to draw the details of your accident.

Witness Name	Phone Number
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Other important facts about the accident:

Emergency Checklist

- π Exchange insurance & contact information with other driver(s)
- π Document driver's license number of other driver
- π Document the license plate number of the other vehicle
- π Call the local or state police department
- π Get names of all witnesses
- π Document all damages to your vehicle
- π Draw a picture of the accident while it is fresh in your mind
- π List all important factors to the accident (including if the other person was running a light, speeding, talking on a cell phone, etc.)

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**Call your Insurance
Company**

**Taylor, Sylla & Agin
New York Avenue
Washington, DC
(202) 783-7830**

***When
Accidents
Happen...
We Can
Help!***