CORDIMA CHIROPRACTIC CENTER

Family Auto Accident Preparedness

A simple plan to save on your phone and share with the people you love.

8 SMART STEPS TO PREPARE YOUR FAMILY

1 Save emergency contacts

Keep an emergency contact and important medical information accessible on your phone. Review it with family members.

2 Prepare a small car kit

Carry a phone charger, flashlight, reflective warning device, first-aid supplies, and any essential personal items.

3 Know the first safety steps

After a collision, stop safely, turn on hazard lights, and move out of traffic if possible. Call 911 when there are injuries or danger.

4 Know when to seek urgent care

Get emergency help for severe pain, confusion, fainting, weakness, trouble breathing, or other serious symptoms. Do not delay care.

5 Document the scene safely

When safe, photograph damage and road conditions. Note the time and place, and gather driver, insurance, and witness details.

6 Watch for later symptoms

Neck pain, back pain, headaches, or stiffness can appear later. Seek medical evaluation for new, persistent, or worsening symptoms.

7 Keep information together

Save reports, photos, medical records, receipts, and insurance correspondence in one folder. Keep copies of important documents.

8 Share the plan with family

Talk through these steps with new drivers and loved ones. Save this checklist on your phone so it is easy to find when needed.

Questions after an accident? We are here to help.

Dr. Cordima's office • 617-629-2600

For general education only. Not emergency, legal, or personalized medical advice. Seek emergency care for serious symptoms. Follow local laws and medical advice.