

Imagine. to say is
something similar to,
"hey

[Life](#), [Friendship](#)



**ASSIGN
BUSTER**

Imagine. You have just been seriously injured and you've come home from the hospital, what is one of the first things you're going to want to do? If you are like me, one of your first instincts will be to go on social media and let all your friends and family know that you are alright. I mean it would be the quickest and most efficient form of communication, why not take advantage of it? All you want to say is something similar to, " Hey everyone, I was in a car accident recently.

It was a bit scary, but I just wanted to let everyone know that I'm - OK!" Well if you're planning on putting together a personal injury case to help compensate you for the damages on yourself and your vehicle, you may want to think twice before making that post, tweet, or Instagram. For example, if you plan on arguing that your life has been negatively impacted by the negligence of the other driver, then that simple " I'm OK" post could directly hurt your case. Even for a simple car accident case, there could be multiple experts involved on both sides. This can be necessary to help frame the situation to the judge and jury.

But while you want to try to keep that frame as broad as possible, in order for them to see how those damages affected your life; the opposing side will want to try to narrow that frame and show that, in fact, your life wasn't as severely affected, if at all. To avoid having your case diminished by social media, here are some social media tips that will help you avoid a situation like that: **AVOID TALKING ABOUT YOUR INJURY** Just don't post anything! Even if you don't think you'll pursue litigation, you never know what you might want as time progresses. Maybe you feel fine now, or even just a bit sore.

But down the road, you find out that the car accident really did a number on your back, hips, and/or neck. Later finding out that you will need medical attention. Pursuing litigation for those damages could help alleviate the financial burden of your medical bills, but those social media posts could prevent you from getting compensated fully, if at all. AVOID TALKING MEDICAL Litigation can be a lengthy process. If you tweet out that you only had a little backache, but later find out you also had some serious whiplash. A judge or jury could think that you are just changing your story in order to get more money.

AVOID TALKING BAD ABOUT THE PERSON OR COMPANY THAT DAMAGED

YOU Yes, you were hurt, and it's only natural you want to express your frustration to others. But try doing so in one-on-one conversations.

Making an angry post about the person or company that hurt you could be seen as evidence that you are just trying to be vengeful towards them and may be asking for more than you need. Easy tricks to protect your social media accounts While you're in the middle of a personal injury case, here are some tips you may want to consider: 1.

Turn off the location settings. Sometimes when you post something, it will automatically ping where you are and when you posted it. 2.

Turn off the ability for people to tag you in posts and photos. 3. Make sure all your social media accounts are set to private. 4. Tell friends and family to avoid talking about your case on social media. But if you do accidentally make a post, don't delete anything! Once it's on the internet for a while,

it can be surprising at how a post or photo still turns up even after you thought you deleted it.

IF the opposing side finds out that you tried to delete that photo or post, they could argue that you were trying to destroy evidence to hide the truth.

Overall, the Golden Rule is: don't post anything that you wouldn't want some attorney's talking about in an open courtroom full of strangers.