



Beware of Social Media!

In today's world, social media is intertwined into our lives. Almost everyone has some form of social media, whether it is Facebook, Twitter, Instagram, Snapchat, or any other social media platform.

Mistakenly, I hear from clients constantly that they believe whatever they post on their personal social media page is private.

THAT IS INCORRECT.

Anything you post on social media can be used against you in your personal injury case. Immediately after an injury, insurance companies will look through your social media pages in an attempt to get any statements, photographs, or other evidence you post regarding your accident. This information can only hurt you. It will not help your case.

For example, an individual was involved in an auto accident. Immediately after the accident, the individual posted on their Instagram account a photograph of the accident and made a statement saying, "I'm okay everybody!"

The next day, her back began to flare up. She began having lower back pain, went to her physician, and was diagnosed with a cervical sprain. After 3 months of treatment, she was back to her normal routine.

However, when it came time to discuss her demand package with the insurance company, they had a photograph of her statement saying, "I'm okay everybody!" While she made that statement in the immediate aftermath and did not realize the extent of her own injuries, it did not matter. The case value plummeted and her case was sabotaged by her own social media presence.

This is far more common than you think. This happens constantly and injured victims do not realize the consequences of their own social media pages until it is too late.

So, if you're injured in an accident, remember to watch your social media presence!

Some rules to follow:

1. Avoid posting anything about your accident on any social media platform. It can only hurt your case.
2. Instead, get a journal, and write in your journal every day about your injuries. Every day write a quick blurb about how you are feeling, rate your pain on a scale of 1/10, and give personal anecdotes about tasks that were easy or hard, physical movements you can or cannot do, or any other challenge you faced that day due to your injury. This journal could possibly be used later in your case to prove your injuries and at the very least, will not sabotage your case like a post on social media.
3. Only discuss your case with your attorney. Anything you say to friends, family, or coworkers could possibly be used against you in the future.

If you have any questions, please do not hesitate to call King & Huffines: Attorneys at Law PLLC for a free consultation (724-242-0230).

Disclaimer: None of the above information is to be interpreted as legal advice. This advice does not in any way create an attorney-client relationship.