

### **Monitor your health**

Many people who are involved in accidents suffer injuries but do not even realise how badly they are hurt. They may not even really think about it as being related to the accident at the time.

There are many cases where people get what they regard as a nuisance headache but find sometime after the accident the headaches have not gone away. They may eventually notice the pain in their neck or shoulders getting worse and have to start taking time off work, on occasions loosing their jobs. It is quite common for people who have been involved in accidents to set off changes in their bodies that ultimately lead to permanent injuries.

The important thing to do is to take careful note of any injury or pain that you suffer after an accident.

If you do suffer injuries you may need get medical treatment. If you ever need to claim compensation and you have not reported an injury to a doctor, the insurer might well argue the injury is not related to the accident.

If you feel even the slightest pain after an accident, it may be a good idea to go see a doctor.

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