

# RHODE ISLAND CAR ACCIDENT CHECKLIST

## What to Do in the First 72 Hours

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### AT THE SCENE

- Make sure you are physically safe before moving
- Call 911 — report the accident and request police and medical response
- Get the other driver's name, license number, insurance carrier, and policy number
- Photograph the vehicles, damage, license plates, road conditions, and any visible injuries
- Get names and contact information from witnesses
- Request a copy of the police report number before leaving the scene
- Note the exact location, time, direction of travel, and direction of impact

### MEDICAL — FIRST 24 HOURS

- Go to the ER immediately if you have: severe headache, confusion, loss of consciousness, chest pain, difficulty breathing, weakness in both arms or legs, or repeated vomiting
- Seek prompt evaluation within 24 to 72 hours even if symptoms feel minor — many car accident injuries produce delayed symptoms as inflammation builds
- Do not assume a normal ER visit means no injury — emergency evaluation rules out emergencies, not soft tissue injury, cervical instability, or concussion
- Call Cityside Chiropractic at (401) 272-5710 for same-day evaluation — no referral required

### DOCUMENTATION — DAYS 1 TO 3

- Start a daily symptom journal — date every entry
- Record: pain location, intensity, what makes it worse or better, sleep quality, headaches, dizziness, brain fog, numbness, tingling
- Document functional limitations: missed work, difficulty driving, trouble sleeping, inability to lift or exercise
- Keep all medical bills, receipts, and records in one folder
- Photograph visible injuries — bruising, swelling, abrasions — daily for the first week

### TREATMENT — FIRST 72 HOURS

- See a provider who specializes in car accident injuries — not a general wellness practice
- Be specific at your first appointment: describe the direction of impact, your body position at the moment of collision, whether symptoms started immediately or later, and every symptom you are experiencing
- Follow your treatment plan consistently — gaps in care weaken your clinical record
- Ask your provider what objective testing will be performed — measured findings strengthen your clinical record
- Ask when you will receive a re-evaluation and how progress will be tracked

### CITYSIDE CHIROPRACTIC

#### Same-Day Car Accident Evaluation

Providence: 480 Broadway | Cranston: 900 Reservoir Avenue

(401) 272-5710 | [citysidechiropractic.com](http://citysidechiropractic.com) | Se habla español

Monday – Friday 8:30 AM – 6:00 PM | Saturday 8:30 AM – 12:00 PM

No referral required. Lien basis — no out-of-pocket cost for personal injury patients.

*This checklist is provided for general educational purposes only. It is not medical advice or a substitute for evaluation by a licensed healthcare professional. If you are experiencing a medical emergency, call 911 immediately.*

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