

# SOCIAL MEDIA DO'S --- DON'TS



GREENSPAN  
&  
GREENSPAN  
Injury Lawyers



# INTRODUCTION

Social media is a part of daily life. Platforms like Facebook, Instagram, TikTok, Twitter, and LinkedIn make it easy to share our lives with friends and family. However, for individuals pursuing a personal injury claim, social media can become a powerful tool for insurance companies and defense attorneys.

What may seem like an innocent post, a casual photo, or even a harmless joke could be taken out of context and used to question your credibility, exaggerate your recovery, or minimize your injuries. In fact, courts have allowed insurance companies to access even private accounts in many cases.

This e-book will guide you through the essential do's and don'ts of using social media while your claim is ongoing. By following these steps, you can protect your rights, strengthen your case, and avoid common mistakes that may compromise your recovery.

# TABLE OF CONTENT

- Why Social Media Matters in Your Claim
- The Do's of Social Media
- The Don'ts of Social Media
- Real-Life Examples of Social Media Risks
- What You Can Do to Help Your Case
- Staying Connected with Your Legal Team
- Conclusion: Protecting Your Claim Through Smart Choices

## Why Social Media Matters in Your Claim

1. Insurance companies and defense lawyers regularly review social media accounts to gather evidence.
2. Even private posts can sometimes be accessed by court order.
3. Harmless jokes, old photos, or casual updates can be taken out of context.
4. Deleting content after your case begins may look like you're hiding evidence.

**Bottom line:** treat your social media as if every post could be shown to a judge or jury.

# WHY SOCIAL MEDIA MATTERS IN YOUR CLAIM



- Insurance companies and defense lawyers regularly review social media accounts to gather evidence.
- Even private posts can sometimes be accessed by court order.
- Harmless jokes, old photos, or casual updates can be taken out of context.
- Deleting content after your case begins may look like you're hiding evidence

**Bottom line: treat your social media as if every post could be shown to a judge or jury.**

## The Do's of Social Media

- ✓ Archive your content. Save your posts and photos before making any changes. Most platforms allow you to download an archive of your account. This ensures you are preserving evidence.
- ✓ Consider pausing your accounts. If possible, stop using social media until your case is resolved. If you can't, minimize your activity and be very cautious.
- ✓ Use the highest privacy settings. Make sure only confirmed friends can see your posts. Disable "friends of friends" or public viewing.
- ✓ Be selective with your friends list. Remove people you don't know personally. Only accept requests from close, trusted contacts.
- ✓ Think before you post. Always assume your post will be read in court. Avoid topics related to your injury, activities, or lifestyle.

## The Don'ts of Social Media

- ✗ Don't assume privacy protects you. Even private accounts can be accessed in legal proceedings.
- ✗ Don't email or message about your case. Only discuss your claim directly with your lawyer. Casual conversations—even with friends—could be used against you.
- ✗ Don't join online chats, forums, or blogs about injuries. Anything you write is public and searchable.
- ✗ Don't delete posts or photos. Deleting content may be seen as trying to hide evidence, which can damage your case more than the post itself.
- ✗ Don't overshare personal activities. Pictures of vacations, exercise, or social events may be used to suggest you're less injured than you claim.

## Real-Life Examples

- **Case Example 1:** A client claimed she couldn't exercise due to her injuries. But a Facebook photo showed her zip-lining after the accident. That single photo seriously hurt her credibility.
- **Case Example 2:** Another client testified he couldn't do physical activities, yet posted photos of a five-mile hike. The defense used this to argue his injuries weren't as severe as he claimed.

**Lesson:** Even one photo can undo months of careful legal work.

## How You Can Help Your Case

- **Medical Records:** Keep track of all records you receive and share them with your attorney. If you get CDs or paper copies from your providers, forward them immediately.
- **Medical Bills:** Send all bills related to your accident to your lawyer.
- **Daily Log:** Keep a simple journal noting:
  - Days confined to bed or home
  - Missed workdays
  - Doctor visits and procedures
  - Changes in your health or daily activities
- **Stay in Touch:** Update your attorney promptly about any changes in address, phone, or email.



## Staying Connected with Your Legal Team

We're here to help guide you through this process. Please:

- Email or call us with any updates or concerns.
- Send us copies of medical bills and records.
- Inform us if you travel for medical appointments (you may be eligible for mileage reimbursement).

## Conclusion

Your social media activity may feel personal, but during a personal injury claim, it becomes part of the bigger picture. By being careful, following these do's and don'ts, and working closely with your legal team, you can protect your case and focus on what matters most—your recovery.

At Greenspan & Greenspan, our priority is advocating for you with dedication and care. Trust us to fight for the best possible outcome, while you take the steps outlined here to protect yourself online.

GREENSPAN

&

GREENSPAN

Injury Lawyers