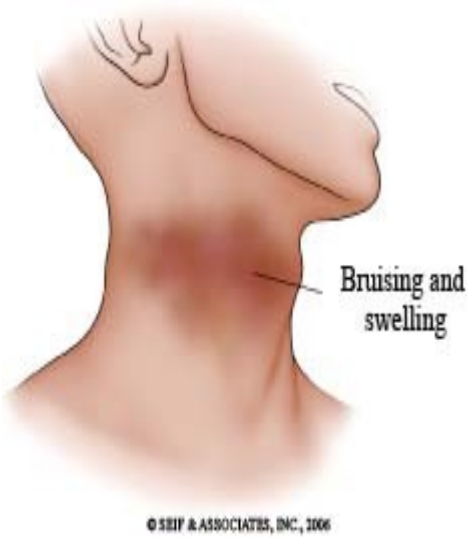
Motor Vehicle Collision (MVC)

After a car accident (*motor vehicle collision*), it is common to have bruising and swelling on the body. It is normal to feel stiff and sore. It may take a few days to start feeling better.

HOME CARE



- Apply ice to puffy (*swollen*) areas as told by your doctor.
- Drink enough water and fluids to keep the pee (*urine*) clear or pale yellow.
- **Do not** drink alcohol.
- Take a warm shower or bath 1 or 2 times a day. This will help decrease pain in your sore muscles.
- Move the body gently and often.
- Only take medicine as told by your doctor.

GET HELP IF:

- There are any new problems (*symptoms*) or pain.
- Pain is not controlled with medicines given by your doctor.

GET HELP RIGHT AWAY IF:

- You or your child is having problems breathing.
- There is chest pain.
- You or your child has a headache or trouble seeing.
- You or your child feels dizzy or faint.
- You or your child has problems peeing or pooping (*bowel movement*).
- There is blood in the pee or poop.
- You or your child is throwing up (*vomiting*).
- You or your child throws up blood.
- The hands or feet feel numb or weak.
- You or your child develops problems with weakness or movement of an arm or leg.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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