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Welcome to the Law Offices of Gary Martin Hays & Associates, P.C. Spring Newsletter. We are excited to introduce you to our **First Newsletter!** We have created this with articles and features we think will be of interest to you. Please take a moment to check it out and let us know what you think. We welcome your comments and feedback.

10 Steps to Take When You've Been Injured



If you were in an accident today, would you know what to do? While most people will have a good idea of what to do, our ability to remember information during the moment can present a challenge. It can be helpful to have a backup plan, such as a guide or article to reference when you need it most! Our team has put together 10 things to do immediately after you've been injured:

- 1. Stop immediately and don't leave the scene.**
Part of the "fight or flight" response includes "flight" - which causes many people to panic and flee the scene. Keep yourself grounded and calm by stopping safely as soon as you can after it happens.
- 2. Protect yourself and others by safeguarding the scene.**
You want to do your part to avoid others getting involved or hurt. This can mean putting your flashers on, placing emergency flares near your vehicle, or having someone block the pathway around what injured you.
- 3. Notify the police as soon as you are safe.**
If you're alone, call 911 as soon as you are able and safe. Even if no one is visibly injured or the damage to either party doesn't seem that bad, the police report will come in handy when it's time to talk to your insurance company or an attorney.
- 4. Start taking notes about what happened.**
If you have a spare pen and paper lying around, fantastic! If you don't, most people will have a cell phone. Most cell phones today have "notepad" applications on them - use this to record important details.
- 5. Take pictures and videos if possible.**
Start taking pictures, videos, or both, of the accident or the cause of your injury. If you're using a cell phone to do this, the image or video taken will automatically have a digital timestamp and record of your location.
- 6. Exchange contact and insurance information for any other parties involved.**
In most scenarios, both parties are compliant with exchanging information, even if one or both individuals are shaken up from the events. If they are not, stay calm - document what you can and wait for the authorities to arrive.
- 7. Report the accident to your insurance company where applicable.**
The next most important step is to file a claim with your insurance company as soon as possible. You can start a claim right away, even if you don't have all the information and answers needed.
- 8. Seek medical attention if necessary.**
You might feel fine, but don't decline medical care if you feel it may be necessary or someone else notices something is "off." Be safe!
- 9. Keep a file of everything to do with your injury or accident.**
Using everything you've compiled - pictures, videos, written or typed notes, timestamps, GPS locations, police reports, etc. - you can create a powerful source of evidence for your claims.
- 10. Line up your documents and your defense.**
With a well-kept portfolio documenting the event, the next and final step is finding a strong attorney to represent you going forward. You've been through enough - let an experienced team of attorneys help you through the last stretch!

Stay Careful While Staying Cool



Ask any adult or child what their favorite summertime activity is, and we bet it'll have something to do with the water! There are endless possibilities when it comes to summer fun, but anything to do with swimming or water-based sports takes the cake. Swimming safety seems like a no-brainer, but that knowledge doesn't always come naturally - it needs to be taught and practiced.

Here are 6 major ways you can stay careful while staying cool in the water this summer:

1. Prioritize organized swim lessons for any children in the family. For older kids, investigate junior lifeguarding courses for an extra challenge.
2. Even if you feel confident in their abilities, never leave a child unattended in or around water. This is especially true for younger children.
3. Stress the importance of staying away from drains in or around the pool. These tempting portals can quickly turn dangerous due to their suction.
4. Before opening any pool or spa for the year, inspect them for safety compliance in accordance with state regulations.
5. Take the time to invest in safety measures, such as barriers, covers, or alarms, to account for those times when you simply can't have eyes on the back of your head.
6. Brush up on your CPR skills. Sign you and your child up, if age-appropriate, for private or group CPR training courses.

If you or a loved one have been involved in an accident you need a personal injury lawyer who will fight for you, contact the [Law Offices of Gary Martin Hays & Associates, P.C.](#) Our award-winning legal team has helped countless injured people and families in Atlanta get the justice and compensation they deserve. [Contact us today](#) at 1-800-898-HAYS.



MEMORIAL DAY

★ Honoring all who served ★

Recipe of the Month

Chard and Gruyère Eggs in the Hole



Power up your next brunch with this delicious breakfast favorite. Colorful Swiss chard is jam-packed with vitamins and minerals and is an excellent source of dietary fiber.

Ingredients

- 6 sourdough bread slices
- 3 tbsp. butter
- 1 bunch (about 6 oz.) rainbow chard, trimmed, chopped
- 6 large eggs
- 4 oz. shredded Gruyère cheese

Directions

1. Preheat oven to 425°F. Spray large baking sheet with nonstick cooking spray.
2. With a 2 1/2-inch-wide round cookie cutter, cut holes from centers of bread slices. Arrange bread and cutouts on a prepared baking sheet. Bake 5 minutes or until slightly dry, turning bread over halfway through.
3. In a 12-inch skillet, melt butter on medium. Add chard and 1/4 teaspoon salt; cook 8 to 10 minutes or until stalks are crisp-tender, stirring occasionally. Divide chard among bread slices, spreading around holes. Add egg to each hole; top each with a pinch of salt and pepper. Sprinkle Gruyère over chard and cutouts.
4. Bake eggs 8 to 12 minutes or until whites are set but yolks are runny. Serve immediately.

Recipe courtesy of [goodhousekeeping.com](#)

What's Happening In & Around Atlanta

The COVID-19 pandemic has caused many large events to be cancelled or postponed. To ensure public safety, we would like to encourage you to enjoy some socially distant activities in your area.

[Georgia Aquarium](#)
Atlanta

[LEGOLAND Discovery Center](#)
Atlanta

[Longwood Park](#)
Gainesville, GA

[Six Flags Georgia](#)
Atlanta, GA

[Village Farmers Market](#)
East Atlanta, GA

[Southeastern Railway Museum](#)
Duluth, GA

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