

Can Social Media Hurt My Personal Injury Claim?

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After an accident, posting on social media may seem harmless. You may want to update friends and family, thank people for checking on you, or simply continue sharing parts of your everyday life. But if you are pursuing a personal injury claim, what you post online could potentially complicate your case.

Photos, videos, comments, check-ins, and other online activity can create questions about your injuries or your account of what happened. Understanding these risks can help you make more informed decisions while your personal injury claim is pending.

Can Insurance Companies Look at My Social Media?

When you make a personal injury claim, the nature and extent of your injuries may be important issues in the case. Information you share publicly online could potentially become relevant to those issues.

For example, imagine that you claim an injury has limited your physical activities, but you later post photographs of yourself at a recreational event. A photograph does not necessarily tell the entire story. However, someone reviewing your claim may try to use that content to question how seriously you were injured or how the injury has affected you.

This is one reason to think carefully before posting anything about your accident, injuries, recovery, or activities while your claim is pending.

What Types of Social Media Posts Could Affect an Injury Claim?

The potential problem is not limited to posts that directly discuss an accident. Seemingly unrelated content may also create questions.

Examples can include:

- **Photos and videos** showing physical or recreational activities
- **Comments about the accident** or how it occurred
- **Updates about your injuries or recovery**
- **Location check-ins** showing where you have been
- **Posts about vacations, outings, or events**
- **Comments made by friends or family members**
- **Posts discussing an insurance company, lawsuit, or settlement**
- **Older posts** that may be compared with statements made during your claim

Even a post intended as a joke or an attempt to stay positive could be misunderstood when viewed without context.

What If My Social Media Accounts Are Private?

Privacy settings can reduce who sees your posts, but they should not be treated as a guarantee that information will remain confidential.

Rather than relying exclusively on privacy settings, a cautious approach is to limit what you share about the accident, your injuries, medical treatment, and your personal injury case.

You should also consider what friends and family members may post or tag you in while your claim is pending.

Should I Delete Posts After an Accident?

If you are concerned about something you have already posted, **do not assume deleting it is the right solution**. Once a legal claim exists or litigation is anticipated, removing or altering potentially relevant information may raise separate legal issues.

Instead, consider speaking with your attorney about existing social media content and how it should be handled. Your attorney can provide advice based on the specific facts and procedural posture of your case.

How Can I Use Social Media More Carefully During a Personal Injury Claim?

Every personal injury case is different, but a few practical precautions may help reduce unnecessary issues:

1. **Avoid discussing the accident online.** Details about what happened are better discussed with your attorney than on social media.
2. **Think before posting photographs or videos.** Consider how someone unfamiliar with the circumstances might interpret them.
3. **Avoid discussing your medical condition or recovery.** A brief online update may not accurately reflect the full extent of an injury.
4. **Review your privacy settings.** Understand who can see your account and posts.
5. **Be cautious about tags and posts from other people.** Friends and family may share content involving you without realizing it could become relevant.
6. **Talk with your attorney before deleting existing content.** Do not automatically remove a post simply because you are worried about how it could affect your case.

Frequently Asked Questions About Social Media and Injury Claims

Can a photo really hurt my personal injury claim?

Potentially. A photograph may be interpreted differently from what you intended. Depending on the circumstances, someone handling or defending the claim may argue that a photograph or video is inconsistent with allegations regarding your injuries or physical limitations.

Is it okay to post if I don't mention my accident?

Being cautious is still worthwhile. Content unrelated to the accident itself could potentially raise questions about your physical condition, activities, or recovery.

Should I stop using social media entirely?

There is no one-size-fits-all answer. The appropriate approach may depend on the circumstances of your claim. An attorney familiar with your case can advise you about your particular situation.

What should I do if I already posted about my accident?

Avoid making changes simply out of concern that the content could hurt your case. Tell your attorney about the post and ask how it should be handled.

Have Questions About Social Media and Your Personal Injury Claim?

A personal injury claim can involve much more than medical records and accident reports. Your online activity may also become relevant, making it important to understand how seemingly routine social media use could affect your case.

If you have been injured because of someone else's negligence and have questions about protecting your rights, [Alex Lyubarsky](#) or other [personal injury attorneys](#) at Wilentz, Goldman & Spitzer, P.A. can review your circumstances, explain your legal options, and help you understand the next steps. **Call us today to discuss your personal injury claim.**

Practice

- Personal Injury