

## Impact of 'Minor' Injuries



*Around the world, up to 50 million people are involved in road traffic crashes that cause non-fatal, relatively 'minor' physical injuries each year. Does this include you?*

Research shows that some people who have 'minor' physical injuries from a road traffic crash, may experience:

- Difficulty sleeping;
- High levels of pain;
- Memories of the accident that make them feel upset or anxious;
- Loss of interest in usual activities;
- Feelings of sadness;
- Trouble concentrating;
- Tiredness or loss of energy;
- Sweating;
- Increased heart rate;
- Difficulties in relationships; and
- Other issues that impact on daily life that were not present before the accident.

These issues are treatable. It's very important that you talk to your doctor about them as soon as possible, to ensure you are able to access the right help to recover as best and quickly as you can.

Research shows the following can all lead to better health and wellbeing after a road traffic crash:

- Early treatment for physical and mental wellbeing issues;
- Being provided information about possible results of injury and recovery;
- Being informed about pain management strategies; and
- Increasing social supports.