

Newsletter Spring 2020

- Distracted Walking Leads to Danger
- 10 Ways to Keep Children Safe While Staying Home
- Recipe of the Month: Frittata with Asparagus, Tomato, and Fontina

informed as we all deal with this crisis together.

The global coronavirus pandemic is affecting all of our families, our businesses, our communities, and our way of life.

extend our heartfelt wishes for a full recovery. And we're truly inspired by the selfless healthcare workers around the world who are on the front lines working tirelessly to care for people in need. This moment reminds us that we're all connected like never before. We're called upon to be our best selves, with patience, understanding and compassion.

With that in mind, we want to be a legal resource to everyone we know during this world crisis. While we are primarily an injury litigation firm, we have broad experience in many other areas of the law and are happy to talk to you about any legal issues that may arise during these trying times. We are always happy to talk and if we can't help you with the matter, we have a large

network of attorneys in other areas of the law that we can refer you to for help. We've also posted pandemic resource information for individuals and companies on our social

media platforms in an effort to get helpful information out there for you. Be safe and God Bless. **Distracted Walking Leads to Danger**



Warning: Entering Decreased Attention Zone The Governors Highway Safety Association reports that approximately 6,227 pedestrians were killed in 2018. Also, over 76,000 were injured in traffic accidents. Pedestrian fatalities have gone up by 41 percent since 2008 and currently account for 16% of all traffic fatalities. The rate continues to rise every year. The biggest distractors are cell phones and earbuds/headphones. Texting or talking on a cell phone, checking

If you listen to music or podcasts on your walk and have both ears plugged in, chances

Distracted walking can result in a trip or fall, cuts, ankle sprains, broken bones, concussion, spinal cord and brain injuries and, in the worst-case scenario, death. Your distracted walking can also cause a driver to take evasive actions that will lead to an accident and injury for them. Some states have also started fining distracted walkers. **Safe Walking Tips** Fortunately, significantly reducing the risk of pedestrian injuries is a matter of observing safe practices when walking. Below are several suggestions to help you stay safe while walking.

you need to use it, stop and move off the road to use your phone. Resume walking when you have finished. • If you like to listen to music or podcasts when walking, use only one earbud. Keep the other ear free to hear.

Don't use your phone when walking. If possible, leave your phone home. If you are expecting a call or need to be available, at least keep your phone in your pocket. If

- Taking these simple steps will enable you to get outside and get some physical activity safely.
 - 10 Ways to Keep Children Safe While Staying Home



5. Don't leave hair dryers, curling irons, coffee pots or other small appliances that produce heat plugged in when you are not in the room with them. 6. Be sure that dressers, televisions, bookcases and other heavy items are secured to prevent tip-over accidents. 7. Place barriers around fireplaces and heaters. 8. Pad sharp edges of furniture, fireplace hearths, etc. to protect children from cuts and head injuries. 9. Be aware of small objects that children may try to eat. These include laundry and dishwasher pods, small batteries like the kind found in greeting cards and television remotes, etc. 10. If you own a gun, be sure that it is locked in a gun safe or cabinet and that the

determine whether you need a lawyer for an accident or any personal injury case.

Recipe of the Month Frittata with Asparagus, Tomato, and Fontina

This easy to make asparagus frittata is perfect for breakfast, lunch and dinner. With

simple flavors, it's both fresh and comforting!

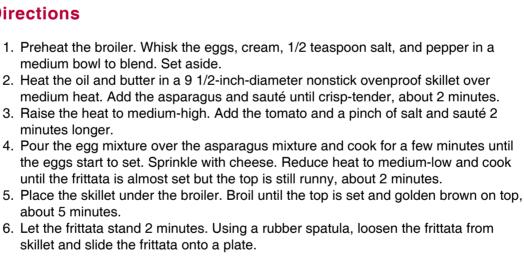
2 tablespoons whipping cream 1/2 teaspoon salt, plus a pinch

Ingredients

Directions

minutes longer.

6 large eggs



Think Positive Stay Positive

Recipe courtesy of Giada De Laurentiis

Be Positive

Together We Can Stay Healthy

Follow us...

Meet Our Attorneys



Adamson & Cleveland, LLC

: 8:30 am - 5:30 pm

Norcross, GA 30093 Telephone: 404.581.9100 Fax: 404.581.9111 Office Hours: Monday : 8:30 am - 5:30 pm

4295 International Blvd.

Our Office:

Suite D

Tuesday

Wednesday : 8:30 am - 5:30 pm : 8:30 am - 5:30 pm Thursday : 8:30 am - 5:30 pm Friday Weekends : By Appointment

www.AdamsonCleveland.com Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of an attorney. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional legal advice.

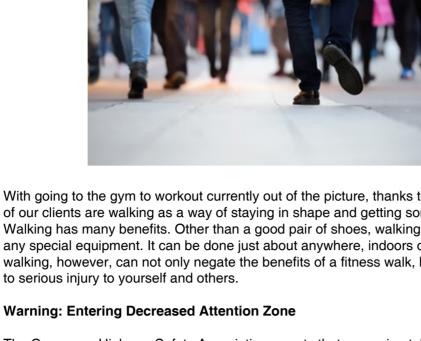


In This Issue... Dear Valued Friends & Clients

- **Dear Valued Friends & Clients**
- First and foremost, our hearts go out to anyone who's been impacted by the virus, either

directly or indirectly. Our thoughts are especially with those who are sick, to whom we

At this unprecedented time in history, we want to stay in touch with you to keep you



email and playing games are all common and risky behaviors to engage in while walking. are you will be unable to hear car noise, horns and other sounds that naturally signal

danger. In addition to missing sight and sound cues due to the use of cell phones, a study of 1,000 people published in the *Injury Prevention* Journal found that those who were looking at their screen while crossing the road took almost two seconds longer to cross than undistracted walkers. They were also more likely to not following safe crossing behaviors.

Always observe and obey lights at intersections. Don't cross in the middle of or between intersections—stick to crosswalks. Look both ways before crossing—yes it sounds basic, but you'd be surprised how many people fail to observe this age-old rule!

Walk facing oncoming traffic so you can see cars coming toward you.



Of course, no amount of childproofing replaces keeping a close eye on your children, but these steps can help eliminate the sources of many home accidents. If you or a family member has been injured in an auto accident, truck accident, motorcycle accident, slip and fall or by any other type of personal injury, or if you have been denied Workers' Compensation, it's important to get an attorney experienced in these types of cases involved immediately. Call 470-558-0318 for your initial free consultation. Adamson & Cleveland, LLC, injury attorneys in Georgia, can help you

ammunition is stored in a separate place from the gun.

1/4 teaspoon freshly ground black pepper 1 tablespoon olive oil 1 tablespoon butter 12 ounces asparagus, trimmed, cut into 1/4 to 1/2-inch pieces 1 tomato, seeded, diced 3 ounces Fontina, diced

