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Dear Valued Friends & Clients

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

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 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



With going to the gym to workout currently out of the picture, thanks to COVID 19, many of our clients are walking as a way of staying in shape and getting some fresh air. Walking has many benefits. Other than a good pair of shoes, walking does not require any special equipment. It can be done just about anywhere, indoors or out. Distracted walking, however, can not only negate the benefits of a fitness walk, but it can also lead to serious injury to yourself and others.

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 email and playing games are all common and risky behaviors to engage in while walking. If you listen to music or podcasts on your walk and have both ears plugged in, chances 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.

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.

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

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



COVID 19 has families in our area staying home to curb the spread of the virus. While this is considered a safety measure for virus protection, it increases the risk for children to be injured from dangers that are present in the home. Each year 3.5 million children are treated in emergency rooms with serious injuries that occur at home. Sadly, 2,200 children die from accidents in the home. During this challenging time of the pandemic, many parents are trying to work from home and supervise their children at the same time. This creates a serious and stressful challenge. Below are 10 [child safety](#) measures you can take to greatly reduce the risk of injury and keep your children safe at home.

1. Put infants in their cribs to sleep and make sure there are no curtain cords, or dangling strings near or above the crib.
2. If you have a toddler, keep toilet lids down at all time and secure them with a lock.
3. Never leave young children unattended in the bathtub, even for a short time.
4. Store all medicines, matches and lighters, alcohol, cosmetics and cleaning products out of reach of little hands.
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 ammunition is stored in a separate place from the gun.

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 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!

Ingredients

- 6 large eggs
- 2 tablespoons whipping cream
- 1/2 teaspoon salt, plus a pinch
- 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
- Salt
- 3 ounces Fontina, diced

Directions

1. Preheat the broiler. Whisk the eggs, cream, 1/2 teaspoon salt, and pepper in a medium bowl to blend. Set aside.
2. Heat the oil and butter in a 9 1/2-inch-diameter nonstick skillet over medium heat. Add the asparagus and sauté until crisp-tender, about 2 minutes.
3. Raise the heat to medium-high. Add the tomato and a pinch of salt and sauté 2 minutes longer.
4. Pour the egg mixture over the asparagus mixture and cook for a few minutes until the eggs start to set. Sprinkle with cheese. Reduce heat to medium-low and cook until the frittata is almost set but the top is still runny, about 2 minutes.
5. Place the skillet under the broiler. Broil until the top is set and golden brown on top, about 5 minutes.
6. Let the frittata stand 2 minutes. Using a rubber spatula, loosen the frittata from skillet and slide the frittata onto a plate.

Recipe courtesy of Giada De Laurentiis



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