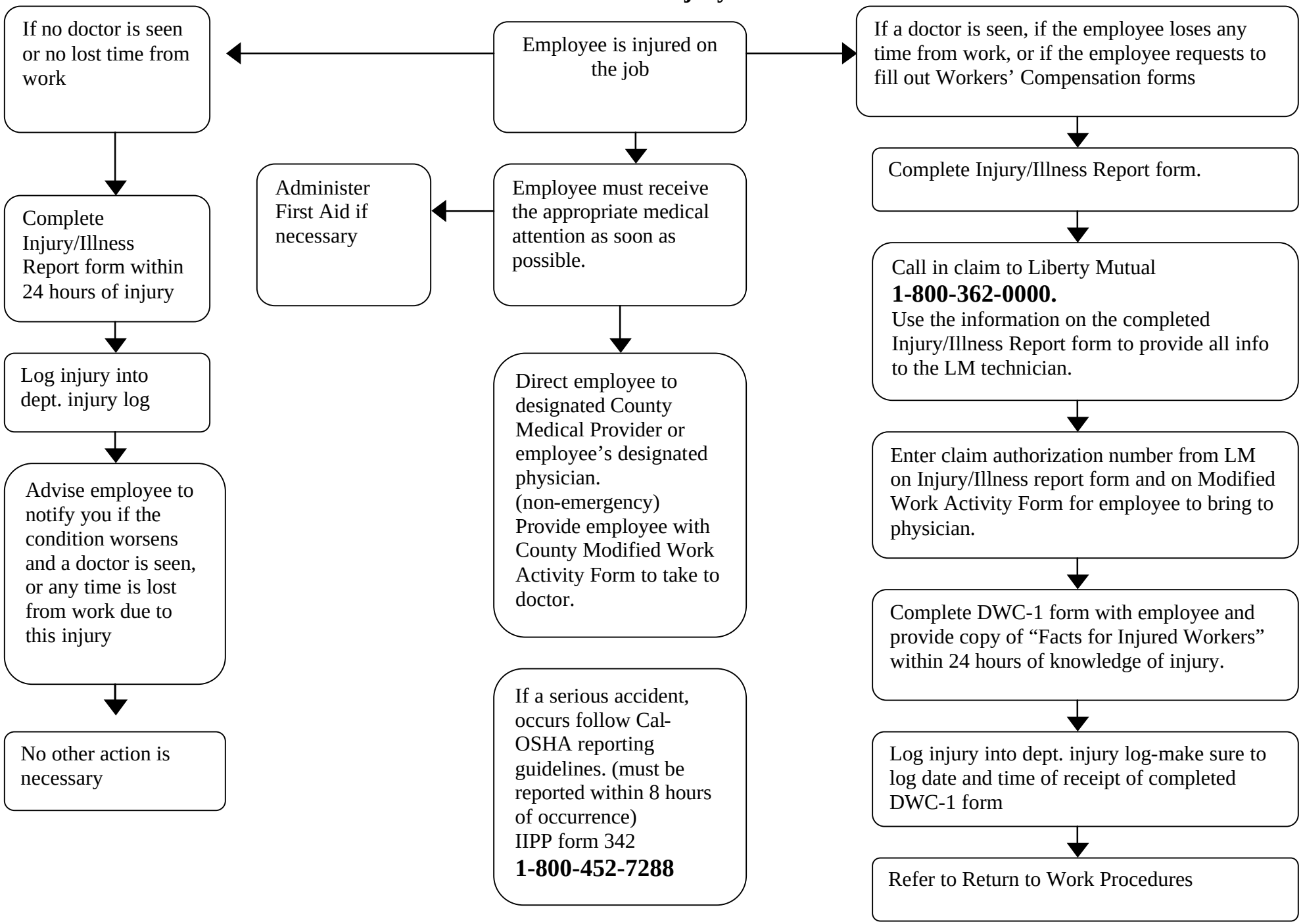What to do When an Injury First Occurs