

Hello,

My name is Ofelia Fernandez. I was in the crew on flight 1204 on February 05, 2019. We were on our last leg of our four day trip and I was flight attendant #2, we were above 10,000 feet and I got up to get the aft galley ready for our service. I took out the middle cart less than third out with and put the brake on. As I was about to place the top insert on the cart, it started to get bumpy. Flight attendant number 3 was to my left and we both tried to hold onto with anything we could once it started to get very bumpy. We both fell to our right side and both of our backs were against the right hand jump seat. I had the middle cart right in front of my face, but luckily I had placed the brakes. I tried to move my right leg and it was very difficult to do so. I noticed that Judy was in the same situation and since it was still pretty bumpy, I told her that we should go to the last row. So we dragged ourselves to the last row and I kept moving my right leg and I was ok. I then looked over to Judy and she was crying from pain. Mary, the number 4, then called our number 1 to tell her that we needed medical assistance. We had two people come forward as nurses and assisted by bringing ice in bags for Judys right foot. I also looked for items to put under her foot for elevation, including the captains windbreaker jacket and one blanket from first class. While we were assisting the nurses, I started to feel some pain in my upper back, right knee and right ankle. I grabbed some ice and would move the ice around those areas. We also got permission by the POC to open the IMK and first aid kit. I would assist in everything for Judy, while I still placed ice on myself. We finally landed and waited for the paramedics to pick up Judy. Myself and Mary were escorted by managers to clinic Premise on site. The doctor there, did a very light checkup and told me that there was noticeable bruising but that I did not need xrays. I then continued for a couple days, applying ice and heating pads on the areas until I was discharged by my folllow up appointments.