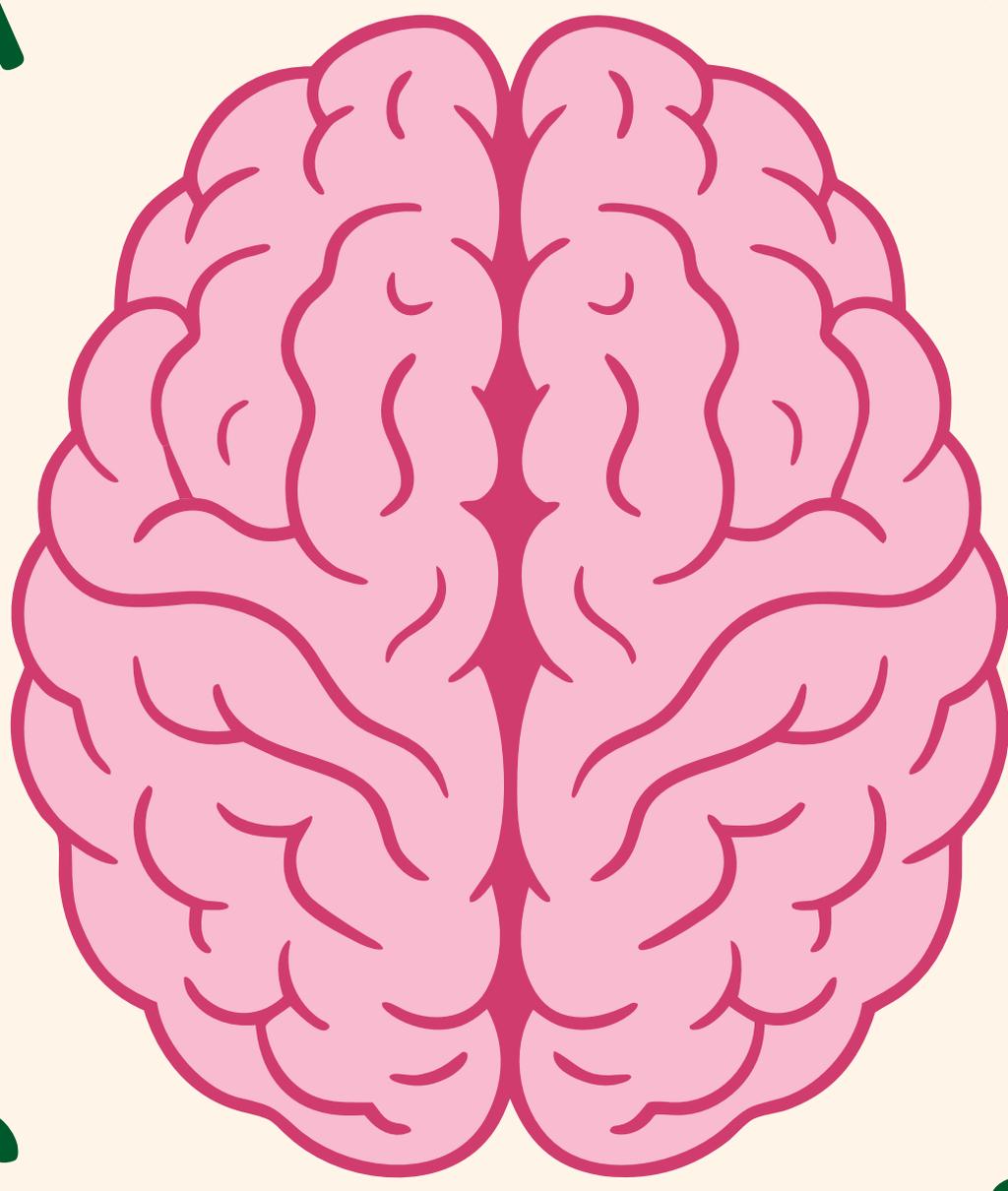


Every 9 seconds, someone in
the U.S. sustains a brain injury.



**Brain Injury
Awareness Month**

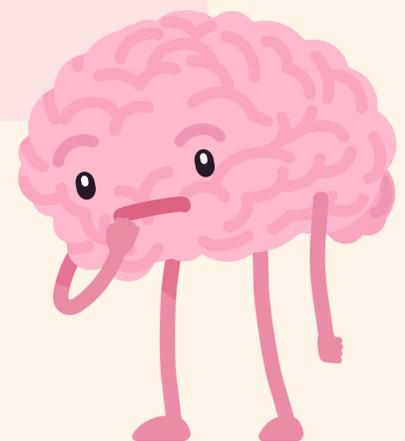


Did You Know?

A **Traumatic Brain Injury (TBI)** is caused by a **bump, blow, or jolt to the head** that disrupts the normal function of the brain.

Unintentional falls are the leading cause of traumatic brain injury in Hawai'i.

Most TBIs that occur each year are mild, commonly called **concussions**.



Protect Your Head!

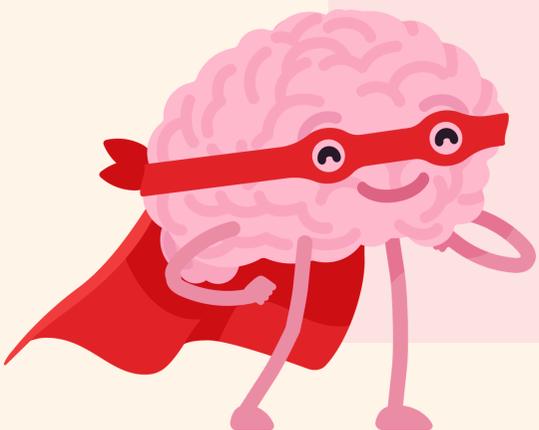
Wear a **seat belt** when you ride in a motor vehicle and never drive under the influence of alcohol or drugs.

Wear a **helmet** when you ride a bike, motorcycle, or scooter and wear appropriate head gear when playing a contact sport.

Protect older adults from falling.

Talk to your doctor to evaluate your risk and ask for specific guidance to reduce your risk.

Make living and play areas safer for keiki by installing window guards and safety gates in your home.





Wearing a helmet



Can reduce serious head injuries by 60% and traumatic brain injury by 53%.

Source: Cleveland Clinic