

HEAD INJURY/CONCUSSION

March is Brain Injury Awareness Month

A Traumatic Brain Injury or TBI is caused by a bump, blow or jolt to the head and can affect how a person feels, thinks, acts, and learns.

The good news is that most TBIs can be prevented.





Help keep yourself and loved ones safe by:

- Using the right car seat or booster seat for your child’s age, height, and weight.
- Wearing a seat belt each and every time you ride in a car.
- Taking steps to prevent falls—especially among young children and older adults.
- Wearing the right helmet, that fits well, during sports and recreation activities.

Signs of a Head Injury

Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one and may find that it takes longer to recover if they have another concussion.

Symptoms of concussion usually fall into four categories:

 Thinking/ Remembering	 Physical	 Emotional/ Mood	 Sleep
Difficulty thinking clearly	Headache Fuzzy or blurry vision	Irritability	Sleeping more than usual
Feeling slowed down	Nausea or vomiting (early on) Dizziness	Sadness	Sleep less than usual
Difficulty concentrating	Sensitivity to noise or light Balance problems	More emotional	Trouble falling asleep
Difficulty remembering new information	Feeling tired, having no energy	Nervousness or anxiety	

Some of these symptoms may appear right away, while others may not be noticed for days or months after the injury, or until the person starts resuming their everyday life and more demands are placed upon them.

When to seek Medical Care:

If person who received Head trauma:

- Look very drowsy or cannot be awakened.
- Have one pupil (the black part in the middle of the eye) larger than the other.
- Have convulsions or seizures.
- Cannot recognize people or places.
- Are getting more and more confused, restless, or agitated.
- Have unusual behavior.
- Lose consciousness (*a brief loss of consciousness should be taken seriously and the person should be carefully monitored*).

Recovering from a Head Injury

Rest is the most appropriate way to allow your brain to recover from a concussion. Your doctor will recommend that you physically and mentally rest to recover from a concussion.

This means avoiding general physical exertion, including sports or any vigorous activities, until you have no symptoms.

This rest also includes limiting activities that require thinking and mental concentration, such as playing video games, watching TV, schoolwork, reading, texting or using a computer.

Your doctor may recommend that you have shortened school day or workdays, take breaks during the day, or have reduced school workloads or work assignments as you recover from a concussion.

- <http://www.cdc.gov/traumaticbraininjury/basics.html>
- <http://www.childrenssafetynetwork.org/news/march-brain-injury-awareness-month-cdc>
- <http://www.mayoclinic.org/diseases-conditions/concussion/basics/treatment/con-20019272>