Take time to recover. Report it. **Don't hide it.**



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H concursion is a brain injury. If you think you have a concussion:

March is Brain Injury Awareness Month

March is Brain Injury Awareness Month

Falls are the #1 cause of brain injury. In North Dakota most falls occur on ice.

How to Prevent Falls:

- Wear shoes with non-slip soles
- Keep walk ways free of ice
- Remove tripping hazards
- Install grab bars



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March is Brain Injury Awareness Month 2.8 million brain injuries occur every year. The Center for Disease Control predicts it will be the

biggest public heatlh issue by 2020.

March is Brain Injury Awareness Month

Brain injury can lead to deficits in...

• thinking

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NELMOKK

ΒΥΑΙΝ ΙΝΙΟΚΥ

ИОКТН ДАКОТА

- movement
- hearing

- memory
- vision
- emotional functioning



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compared to an 18% prevalence rate in the general population



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health conditions in individuals with brain injury,

Research indicated a 34-49% prevalence rate of mental

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2.8 million brain injuries occur every year. The Center for Disease Control predicts it will be the biggest public heatlh issue by 2020. Доктн ракота

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