



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

A concussion is a brain injury. If you think you have a concussion:

March is Brain Injury Awareness Month

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**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





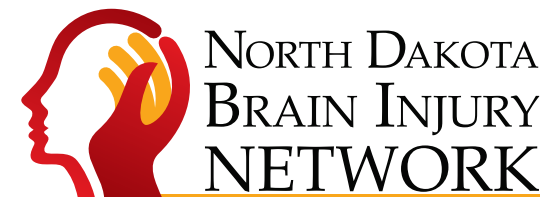
2.8 million brain injuries occur every year. The Center for Disease Control predicts it will be the biggest public health issue by 2020.

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Brain injury can lead to deficits in...

- *thinking*
- *memory*
- *movement*
- *vision*
- *hearing*
- *emotional functioning*





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Research indicated a 34-49% prevalence rate of mental health conditions in individuals with brain injury, compared to an 18% prevalence rate in the general population

