Brain Safety
Be Head-STRONG: Protect Your Brain!

Over 1.4 million Americans sustain a traumatic brain injury (TBI) each year, many have long-term disability. A brain injury can cause serious disability and even death. Over 250,000 Pennsylvanians are living with brain injury.

Signs and Symptoms may include headaches, dizziness, depression, difficulty concentrating, difficulty remembering, anxiety, difficulty reading, writing, calculating, poor problem solving, difficulty performing your job or school work, change in relationships with others, and/or poor judgment (being fired from job, fights, arrests, etc.)

How to Prevent TBI:

Brain injuries are often caused by car crashes, bike crashes, falls and assaults. Many brain injuries are preventable. Please protect yourself and those you care about. The following web sites offer useful information to help prevent brain injuries.

- Brain Injury Association of America (www.biausa.org)
  - Information for everyone
  - Information for kids and parents

- Brain Injury Association of Pennsylvania (www.biapa.org)
- Department of Health – Injury Prevention (www.health.state.pa.us)

Help for People with TBI:

If you or someone you know has a brain injury, getting the proper help can make a big difference. Help is available for you. The following web sites can help.

- Brain Injury Association of America (www.biausa.org)
- Centers for Disease Control and Prevention (www.cdc.gov)
  - Help for people with brain injuries
  - Tips for healing
  - Tool kit for Physicians
- PA Department of Health - Head Injury Program (www.health.state.pa.us)
- Brain Injury Association of Pennsylvania (www.biapa.org)
- Brain Injury Helpline: 866-412-4755 TTY: 877-232-7640 Toll Free (www.helpinpa.state.pa.us)
- BIAPA Brain Injury Resource Line: 866-635-7097 Toll Free
- Disability Rights Network of PA: 1-800-692-7443 or TTY 1-877-375-7139 (www.drnpa.org)
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DEPARTMENT OF HEALTH