

What should you do if you think you may have a TBI?

Seek medical attention right away. A health care professional will be able to decide when it is safe to return to activity or sports.

What is a concussion?

A concussion is the most common type of Traumatic Brain Injury (TBI). Symptoms may show up days to weeks after the injury. An undiagnosed concussion can affect your abilities at school or work and in everyday activities. Multiple concussions can have cumulative and long lasting life changes. It's best to seek medical attention if you think you may have a concussion.

Tell your coach or child's coach about any recent concussions. Return to practice and play only after your brain is healed and your health care professional says it's okay.

Why are helmets so important?

For many recreational activities, wearing a helmet can reduce the risk of a serious Traumatic Brain Injury (TBI) and even save your life.

What is Gray Matter?

Gray matter is the major part of the brain and nervous system in which the nerve impulses for all kinds of mental functions are produced and then sent away to be carried to their target organs.

Brain Injury Association of America