

**with YOU - Brain Injury Awareness Month - March 2019**

CDC recognizes Brain Injury Awareness Month each year in March. During this time, CDC focuses on helping increase the knowledge and understanding of brain injuries. Traumatic Brain Injuries, also known as TBIs, affect the lives of Americans nationwide. Anyone can experience a TBI, but data suggest that children and older adults (age 65 and older) are at greatest risk.

Many TBIs, including concussions, are preventable, and you can help. Join us in spreading the word about TBI and concussion prevention throughout the month of March. Get started today:



- **Get the facts** – Visit [CDC's TBI Publications, Reports, and Fact Sheets web page](#) to get the latest CDC research on preventing TBIs and helping people recognize, respond, and recover if a TBI occurs. Be sure to also read CDC's [Report to Congress on The Management of TBI in Children](#), which details the impact a TBI can have on children and their families.
- **Promote Brain Injury Awareness Day** – Did you know that March 13th is officially Brain Injury Awareness Day on Capitol Hill? Spread the word, and support brain injury awareness all month long!
- **Get the latest on mTBI care** – Check out our graphics that spotlight the latest science on mTBI care and recovery from the [CDC Pediatric mTBI Guideline](#) and share them with the others. Our new [online training for healthcare providers](#) covers key mTBI clinical recommendations and offers free CME credits.
- **Join the conversation** - Take time to lend your support and help increase the conversation about TBI.
  - Help survivors stay connected to friends and family. Visit [CDC's HEADS UP – Brain Injury Awareness Facebook page](#). Post your story and connect with others. Also follow us on [Facebook](#) and [Twitter](#) to share the latest research, news, and updates about CDC brain injury research and programs.
  - Do you have young athletes in your life? Introduce them to Rocket Blades! This action-packed game takes kids on a futuristic racing adventure—while teaching the ins and outs of concussion safety. Available on iOS/Apple, Android, and Amazon. [Download CDC's HEADS UP Rocket Blades game app](#).
  - Download the [HEADS UP Concussion and Helmet Safety app](#).

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