

# JANUARY

## National Winter Sports TBI Awareness Month

These winter sports brain injury prevention tips will prepare you and your loved ones to play safely.

1. Always wear a properly fitted helmet and replace it after a serious fall.
2. Have fun but know your limitations.
3. Be familiar with your surroundings and stay alert.
4. Be aware of the warning signs for concussion

If you or someone you are with does take a hard spill, be sure you recognize the warning signs of a traumatic brain injury.

Signs and symptoms of a mild brain injury, or concussion, can show up right after the injury, or they may not appear until days or even weeks afterward. **Concussion symptoms can include:**

- Headaches
- Weakness
- Numbness
- Decreased coordination or balance
- Confusion
- Slurred speech
- Nausea
- Vomiting

Sometimes people complain of “just not feeling like themselves.” If you or a loved one notices any of these symptoms, you should seek medical attention right away. And if the person loses consciousness, call 911 or seek emergency medical help as soon as possible.

