March is Brain Injury Awareness Month and CDC's Injury Center encourages you to spread the word about ways to prevent traumatic brain injury, including concussion. Traumatic brain injury is a major cause of death and disability in the United States, contributing to about 30% of all injury deaths.

A traumatic brain injury—or TBI—is caused by a bump, blow or jolt to the head and can affect how a person feels, thinks, acts, and learns. A TBI not only impacts the life of an individual and their family, but it also has a large societal and economic toll.

The good news is that most TBIs can be prevented.

**Preventing Concussions and Other Brain Injuries**

Help keep yourself and loved ones safe by:

- Wearing the right helmet, that fits well, during sports and recreation activities.
- Using the right car seat or booster seat for your child’s age, height, and weight.
- Wearing a seat belt each and every time you ride in a car.
- Taking steps to prevent falls—especially among young children and older adults.

**CDC at Work: Getting Answers about Concussion**

CDC is committed to getting answers for Americans concerned about concussion and other serious brain injury. We are working to develop systems and programs that best address this important public health problem.

**Learn More**

- Newly proposed National Concussion Surveillance System
- CDC Injury Center: Traumatic Brain Injury
- CDC Injury Center: HEADS UP
- Concussion Safety
- Sports Culture Must Change to Reduce Head Injuries

**Connect with Us**

Connect with @CDCInjury all month long to get TBI safety tips and information.