March is Brain Injury Awareness Month and CDC’s Injury Center encourages you to spread the word about ways to prevent a traumatic brain injury (TBI) to help protect the health of all Americans.

A 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.

TBIs are a major cause of death and disability in the United States, contributing to about 30% of all injury deaths. The leading causes of TBIs include falls among older adults, being struck by or against an object, and motor vehicle crashes.

The good news is that most TBIs can be prevented.

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 older adults.

Spread the Word: You’re Not Alone in Brain Injury

The theme for this year’s Brain Injury Awareness Month is “Not Alone in Brain Injury” and we have several events, tools and resources coming out that showcase this year’s theme.

- Do you have a question about concussion and brain injury among kids and teens? CDC’s new [HEADS UP Facebook](#) "Ask the Expert" allows you to connect with CDC’s top subject matter experts directly by posing questions on our page. #AskTheExpert occurs at 1pm ET on the second Tuesday of each month. Our next event is [March 14, 2017](#) and we hope you can join us!
- Coaches and parents: Are you looking for training and information about youth sports concussion? [Check out the new CDC HEADS UP online training for youth sports coaches](#). This free online course will help you create a safe environment for young athletes so that they can stay healthy, active, and thrive - both on and off the playing field. Remember coaches and parents, changing the culture of concussion starts with you!
• New articles and publications — for the latest data releases on the burden of TBI, reports, and featured articles, visit our TBI and Concussion Publications, Reports, and Fact Sheets webpage.

• Check out Rocket Blades — a new educational gaming app coming out later this month designed to teach children age 6-8 years old about basic concussion safety. Connect with Us!

• Connect with @CDCInjury all month long to get TBI safety tips and information. CDC will use and follow the #NotAloneInBrainInjury hashtag on Twitter.

Learn More

• CDC Feature Article: Concussion Safety
• CDC Injury Center: Traumatic Brain Injury
• CDC Injury Center: HEADS UP
• National Concussion Surveillance System