

Taking Care of Your Brain at Every Age

Concussions and Traumatic Brain Injuries (TBI) can happen at any age. There are things you can do to prevent head injuries at any age.

Infants and young children: Use safety gates on stairs to prevent falls. Be sure to use an age- and size-appropriate car seat and booster seat that is properly installed.

School-aged children: wear the right helmet for the activity and ensure that it fits correctly. Ensure coaches know how to screen for concussions and properly respond.

Adults: Continue to wear properly-fitting helmets, and wear a seatbelt whenever you're in a moving car.

Older adults: Prevent falls by getting your vision checked regularly and keeping halls and walkways clear.



About Injury Prevention


Kitsap Public Health's Injury Prevention program coordinates with local organizations and the community to promote safety and prevent injuries in our county.


Our priority areas of focus are: mental health; infant, toddler, and preschooler safety; staying safe while recreating outdoors; and TBI/concussion prevention.



More information

 cdp@kitsappublichealth.org

 345 6th Street, Suite 300 Bremerton, WA

 360-728-6054

 kitsappublichealth.org

Injury Prevention
Take care of your brain!



Contact Us
cdp@kitsappublichealth.org

Bike Helmet 101



Helmets come in a variety of sizes and styles, and getting the right fit is important. Here are some steps to finding the correct helmet:

Size: Measure your head. Most helmets have recommended size ranges. Try several helmets on and see which ones feel comfortable and not too tight or loose.

Position: The helmet should sit level on your head and low on your forehead— one or two finger-widths above your eyebrow.

Side straps and buckle: Adjust the slider on both straps to form a “V” shape under, and slightly in front of, the ears. Lock the slider if possible. The buckle should sit centered under the chin.

Chin strap: No more than one or two fingers should fit under the chin strap when buckled.

Buy a helmet that fits now, not one that you (or your child) will "grow into." Replace a helmet when it no longer fits or when it's been in a crash.



Signs of a Concussion

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. Concussion symptoms may include physical and psychological effects. Some signs or symptoms may appear immediately after the traumatic event, while others may appear days or weeks later.

Signs to look out for:

- Headache
- Nausea or vomiting
- Fatigue or drowsiness
- Problems with speech
- Dizziness or loss of balance
- Sensory problems, such as blurred vision, ringing in the ears, a bad taste in the mouth or changes in the ability to smell
- Sensitivity to light or sound
- Loss of consciousness
- Feeling dazed, confused or disoriented
- Memory or concentration problems
- Mood changes or mood swings
- Feeling depressed or anxious
- Difficulty sleeping
- Sleeping more than usual

Concussions are serious. Seek emergency medical care if there are any signs or symptoms of traumatic brain injury following a recent blow or other traumatic injury to the head.

Support after a traumatic brain injury (TBI)



Kitsap Brain Injury Support Groups

The recovery process is different for everyone. Kitsap Brain Injury offers support groups that are open to anyone with a brain injury, their caregivers, family members, and loved ones.

Support groups take place on the 2nd Thursday of each month from 3:00–4:30 on Zoom. Register online at www.kitsapbraininjury.org.

To get connected with TBI resources, call 2-1-1 Monday – Friday 8AM to 4PM.

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