

# What You Need to Know About Traumatic Brain Injuries (TBI)

A TBI is an injury caused by a bump, blow, or jolt to the head or anything that disrupts the normal function of the brain.

## 2014 Virginia Statistics



1,565 deaths due to TBI



5,172 hospital visits due to TBIs



The TBI death rate in males is 3x higher than in females.

## Leading causes of TBI Deaths (2010-2014)



Firearms



Traffic Accidents



Falls

## Signs and Symptoms



### Mental Symptoms

- Memory loss
- Difficulty concentrating
- Sleeping less
- Trouble paying attention
- Difficulty thinking clearly



### Physical Symptoms

- Reduced balance
- Fuzzy or blurry vision
- Headache
- Fatigue
- Sensitivity to noise or light



### Emotional Symptoms

- Mood swings
- Anger
- Inappropriate crying or laughing
- Sadness
- Irritability

## Prevention Tips



Use properly installed and size appropriate car and booster seats.



Use gates at the top and bottom of stairs to prevent infant and toddler falls.



Wear a helmet that fits correctly. Use the correct helmet for physical activities.



Visit playgrounds with soft ground material, like mulch or sand (not grass or dirt).

## Resources



Centers for Disease Control and Prevention



VDHLiveWell.com/TBI