

March is Brain Injury Awareness Month

You can help reduce instances of brain injury by following these recommendations from the Centers for Disease Control and Prevention:

- Wear a seatbelt and never drive impaired
- Secure children in a rear-facing car seat until 4 years old or have reached the manufacturer's max weight recommendations
- Wear a helmet while participating in sports and riding bikes, motorcycles, horses, skateboards, hoverboards, etc.
- Install safety gates to prevent children from entering dangerous areas
- Prevent older individuals from falls with regular eye exams and medication review

If you or someone you know has sustained a brain injury, DES may be able to help. Visit des.az.gov/rsa for more information.