

Did you know?





Bringing Attention to Brain Injury:

Have you ever hit your head as a result of a fall, a car crash, or other type of activity that left you feeling "just not right" afterwards? After a few days you returned to your normal activities, however, you kept getting a headache, were sensitive to noise, and had more trouble than usual concentrating or remembering things. Does this sound familiar? If so, you may be one of the millions of people who sustain a traumatic brain injury (TBI) each year.

This March, in recognition of Brain Injury Awareness Month, CDC and our partners are working together to spread the word and raise awareness about TBI prevention, recognition, and response to help address this important public health problem.

CDC estimates that 1.7 million Americans sustain a TBI, including concussions, each year. Of those individuals, 52,000 die, 275,000 are hospitalized, and 1.4 million are treated and released from an emergency department.

Symptoms of TBI usually fall into four categories:

 Thinking/ Remembering	 Physical	 Emotional/ Mood	 Sleep
Difficulty thinking clearly	Headache Fuzzy or blurry vision	Irritability	Sleeping more than usual
Feeling slowed down	Nausea or vomiting (early on) Dizziness	Sadness	Sleep less than usual
Difficulty concentrating	Sensitivity to noise or light Balance problems	More emotional	Trouble falling asleep
Difficulty remembering new information	Feeling tired, having no energy	Nervousness or anxiety	

Some of these symptoms may appear right away, while others may not be noticed for days or months after the injury, or until the person starts resuming their everyday life and more demands are placed upon them.

See [When to Seek Immediate Medical Attention](#), to learn about dangers signs to watch for in adults and children.

- **Get More Information on traumatic brain injury**

- [Statistics](#)
- [Causes](#)
- [Outcomes](#)
- [Prevention](#)