

# RESPECT THE ROAD



1. The risk of a crash greatly increases when you text or dial on mobile phones. It can wait.
2. Make sure every passenger's seat belt is fastened and secure. Children should be properly buckled up in a car seat, booster seat, or seat belt.
3. Keep children safe: Never seat small children in the front passenger seat of a vehicle with an air bag. The safest place for children younger than 13 years is in the back seat.
4. Stay sharp: Never drive or ride while under the influence of alcohol, drugs or prescription medications that cause drowsiness or impair judgment.
5. Don't speed.
6. Maintain your vehicle: Routine maintenance is necessary to prevent collisions.

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## A HEAD FOR THE FUTURE

# Prevent Brain Injuries From Motor Vehicle Collisions —

A Leading Cause of Military TBI

**Service members, veterans and their families are always on the go.** Whether you're in a SUV headed to the woods, a truck hauling your surfboard or skis, or a family-sized van going to soccer practice — the military community likes the road. No matter where you go or what you drive, a collision is always a risk.

Great drivers know how to stay safe when they're behind the wheel and how to protect the head of every passenger in the vehicle. ***The majority of brain injuries in the military occur in noncombat settings, and motor vehicle collisions are a leading cause of traumatic brain injury (TBI).*** Simple precautions can prevent a brain injury.

### What is a TBI?

A TBI is a blow or jolt to the head that disrupts the function of the brain. Brain injuries can be classified as mild — a concussion — or moderate to severe. Simply keeping safe in your activities can prevent TBI.

### Look out for these signs and symptoms of brain injury:

If a collision occurs, in addition to seeking medical attention for immediate injuries and symptoms, be alert to any signs or symptoms of concussions or TBI in the hours and days after the incident.

- Headache or sensation of pressure in the head
- Loss of, or alteration of, consciousness
- Confusion
- Dizziness, feeling off-balance, or the sensation of spinning
- Delayed response to questions
- Ringing in the ears
- Trouble concentrating
- Continued or persistent memory loss

### Get help and recover:

- Seek out professional evaluation and assistance right away.
- Rest and limit your activity for as long as your doctor advises.
- Return to normal activity once cleared by a doctor.
- Stop and get checked out if symptoms return.

***While moderate and severe TBIs may be easily recognized and require immediate medical attention, concussions — the most common form of TBI in the military — can be more difficult to detect.***

