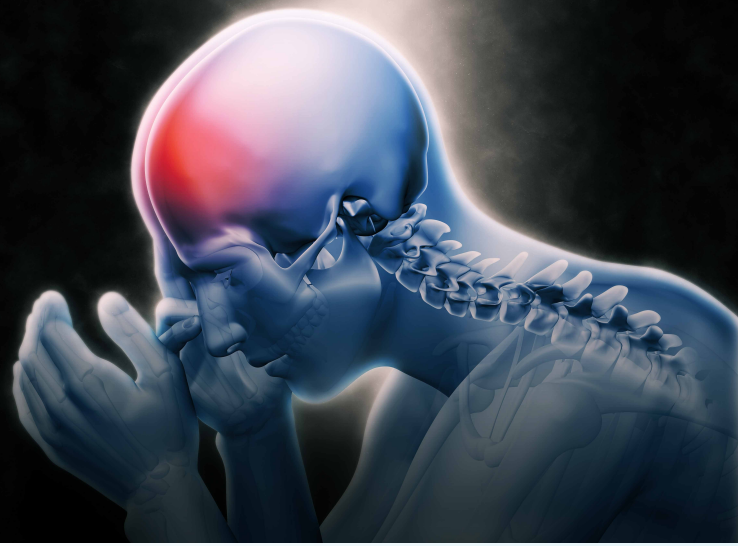




# March 20th is World Head Injury Awareness Day



The purpose of this day is to remind us how we could reduce accidents and brain injuries if we are mindful. It is a day to advocate for the correct use of safety devices such as helmets and seat belts, which can event head injuries as a result of accidents and trauma.

Symptoms to look out for after a head injury include headaches, nausea, vomiting, problems with speech, memory loss, confusion, mood swings or aggression, blurred vision and ringing in your ears. Sudden loss of the use of your arms, legs or bladder, and bleeding or fluid loss from your nose and ears are very serious signs to also look out for.



## Prevention of Head Injuries

There are a number of things which we all know can protect our head from injury but forget at times. Fastening helmets and seat belts while driving help to reduce the cases of brain and head damage to a large extent. Wearing helmets whilst playing sports can also assist in reducing the chances of injury to your brain, especially long-term injuries too.

## Recommendations

- Always wear a seat belt when in a motor vehicle.
- Use an appropriate child safety seat.
- Never drive under the influence of alcohol or drugs.
- Always wear a proper fitting helmet when on a bicycle, motorcycle or scooter.
- Use the rails on stairways.
- Provide adequate lighting on stairs for people with poor vision.
- Do not place obstacles on pathways.
- Avoid wet and slippery surfaces when walking or driving.

Remember that if you spend one more moment being mindful of your surroundings you can avoid having to spend a lifetime living with a disability due to head injury.

## Sources:

[www.internationaldays.co/event/world-head-injury-awareness-day](http://www.internationaldays.co/event/world-head-injury-awareness-day)  
[www.nicd.ac.za/world-head-injury-awareness-day/](http://www.nicd.ac.za/world-head-injury-awareness-day/)