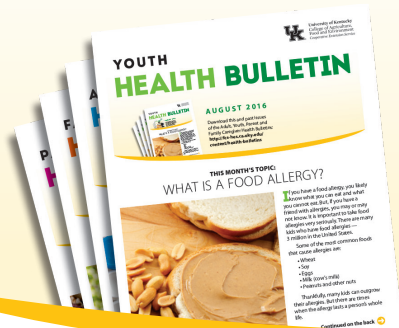




# YOUTH HEALTH BULLETIN



## MARCH 2019

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

### THIS MONTH'S TOPIC:

# PROTECT YOUR BRAIN

**T**he brain is the boss of your body. It tells your body what to do. Without it, you could not walk, talk, or think! So, you want to keep it safe. The brain is soft. Your skull is the bone that protects your brain.

When you hurt your brain, there is usually nothing to see. Unlike when you scrape your knee, and you see the injury. But a brain injury or concussion can be really serious. A brain injury can happen if someone's head is hit hard enough and the brain moves inside the skull. When a fall or collision happens, it can make the brain bang against the skull and bruise the brain.

Continued on the back →



Protecting  
YOUR  
**BRAIN**  
is the  
SMART THING  
to DO!!



# Protect your brain: wear a seatbelt in the car and wear a helmet when riding a bike, playing football, or skateboarding.

## ➔ Continued from page 1

Concussions are tricky because you, your parent, or your coach will not be able to see it. That is why you need to know the signs of a concussion. Tell your coach or parent if you hit your head. Your parent should call the doctor right away if you have any of these symptoms after hitting your head:

- Lose consciousness
- Severe headache that gets worse
- Blurred vision
- Trouble walking
- Confusion
- Slurred speech
- Vomiting
- Dizziness
- Trouble concentrating

A brain injury can happen to anyone. Some people who recover from brain injuries need to learn old things all over again, like how to talk or tie their shoes, and have problems with remembering



things. To prevent a brain injury, it is important to protect your brain by wearing your seatbelt in the car and wearing a helmet when you ride your bike, play football, skateboard, or wear skates.

### RESOURCES

- <https://kidshealth.org/en/kids/concussion.html#catteeth>
- <https://kidshealth.org/en/kids/memory.html>
- <https://kidshealth.org/en/teens/concussions.html>
- <https://kidshealth.org/en/teens/concussions-sports.html>

### Can you unscramble these words?

COSNCUOISN: \_\_\_\_\_

NIARB YUJNRI: \_\_\_\_\_

AREW HETMLE: \_\_\_\_\_

RWEA ASTLEETB: \_\_\_\_\_

ANSWERS: CONCUSSION, BRAIN INJURY, WEAR HELMET, WEAR SEATBELT

## YOUTH HEALTH BULLETIN

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