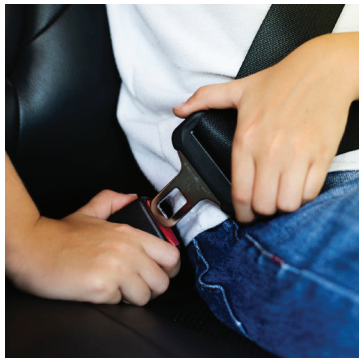


SAFETY TIPS: CONCUSSION PREVENTION IN CHILDREN



Medical evidence continues to mount about the long-term effects of traumatic brain injuries, including concussions. Concussions are brain injuries, usually caused by a direct blow to the head or face, like a sports injury or fall from a bike. Many concussions are mild, but all concussions are potentially serious and may result in complications ranging from prolonged symptoms, difficulty with school, mood swings or even death, if not managed properly.

While we cannot remove all the risks that can lead to a concussion, there are many ways to reduce the chances of your child sustaining a traumatic brain injury.



Buckle your young child in the car using a child safety seat, booster seat or seat belt according to the child's weight and age



Install window guards to keep young children from falling out of windows



Have your child wear a seatbelt every time he or she rides in a motor vehicle



Use safety gates at the top and bottom of stairs when young children are around



Make sure your child wears a helmet when performing any physical activity, including while riding a bicycle, playing a contact sport, riding a horse or skiing



Make sure the surface on your child's playground is made of shock-absorbing material, such as wood mulch, sand or recycled rubber pellets

For more information, visit amr.net/safety.

Information and tips courtesy of the Children's Hospital of Wisconsin, Mayo Clinic, Children's Healthcare of Atlanta and U.S. Centers for Disease Control and Prevention.