

Public Service Announcement

Brain Injury Awareness Month

Start Date: June 7, 2023

End Date: June 30, 2023

Nunavut-wide

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June is National Brain Injury Awareness month. This year's theme is *Helmet Safety*. The Department of Health would like to remind Nunavummiut about the importance of helmets in the prevention of brain injuries or concussions.

Brain injuries or concussions can occur at any age and are primarily caused by head trauma. Common causes include sports, vehicle accidents, falls, and strokes. Concussions remain a concern due to the possible short- and long-term effects on brain health. Any blow to the head, face, neck, or body that jars your head could cause a concussion or brain injury.

Wearing a properly-fitted helmet and following safe sport guidelines when engaging in activities that are at higher risk of brain injuries can help prevent and reduce the severity of brain injuries. Always wear a properly-fitted helmet while riding a bicycle, ATV, snowmobile, or any other recreational vehicle.

Signs and symptoms of concussions can include:

- General confusion.
- Loss of consciousness.
- Headache.
- Dizziness.
- Ringing in ears.
- Sleepiness.
- Poor co-ordination or balance.
- Vomiting.
- Slurred speech.
- Poor concentration and being easily distracted.

