Washington Traumatic Brain Injury Strategic Partnership Advisory Council

Common symptoms of TBI:

- Sudden trouble with memory, concentration, attention or thinking
- Seizures
- Headaches, lightheadedness or dizziness
- Agitation, frustration, outbursts
- Blurred vision or tired eyes
- Fatigue, lethargy, depression

Seek medical attention right away after a head injury. Early treatment of a traumatic brain injury can lessen the long term effects.

For information about TBI resources, support services, and prevention, go to:

www.TBIWashington.org

To speak with a person about TBI services and resources, call toll free:

1-877-TBI-1766

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What causes Traumatic Brain Injury?

Traumatic Brain Injury (TBI) is caused by an external trauma to the head or violent movement of the head, such as from a fall, car crash, sports injury, or even being shaken. Just one head injury can result in a TBI. Symptoms of a TBI can be mild, moderate, or severe.

Anyone can get a traumatic brain injury. Falls and motor vehicle crashes account for over 80 percent of TBI hospitalizations in Washington state.

Concussion blasts are the leading cause of TBI for active duty military personnel in war zones.

Washington State Department of Social & Health Services

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Traumatic Brain Injury | *A Life Altering Impact*

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