



TBI



What is TBI?

Traumatic Brain Injury, or TBI, is an injury caused by a blow, jolt, or penetrating object that disrupts normal functioning of the brain **at any age**. TBI can result in serious damage to the brain that can lead to long-term complications and death.

How to Recognize Symptoms of a Concussion:

A concussion is a mild type of traumatic brain injury—or **TBI**—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth.

MENTAL:

- Memory Problems
- Alexia
- Speaking Disorder
- Mood Swings
- Depression or Anxiety
- Light Sensitivity

PHYSICAL:

- Loss of consciousness
- Mild to severe headache
- Nausea or vomiting
- Dilation of pupils
- Loss of coordination
- Sleeping disorders
- Convulsion

Return-to-Learn Implementation for Schools Everywhere

Return-to-Learn (RTL) is **AN EFFICIENT** comprehensive program **THAT ANY HIGH SCHOOL CAN IMPLEMENT**. The RTL Program coordinates care between physicians, parents, and school administrators to offer best practice academic accommodations to help students return to their full classroom capacity.

Learn More:

Contact the Harborview Injury Prevention & Research Center at hiprc@uw.edu or visit us online at hiprc.org/tbi.

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