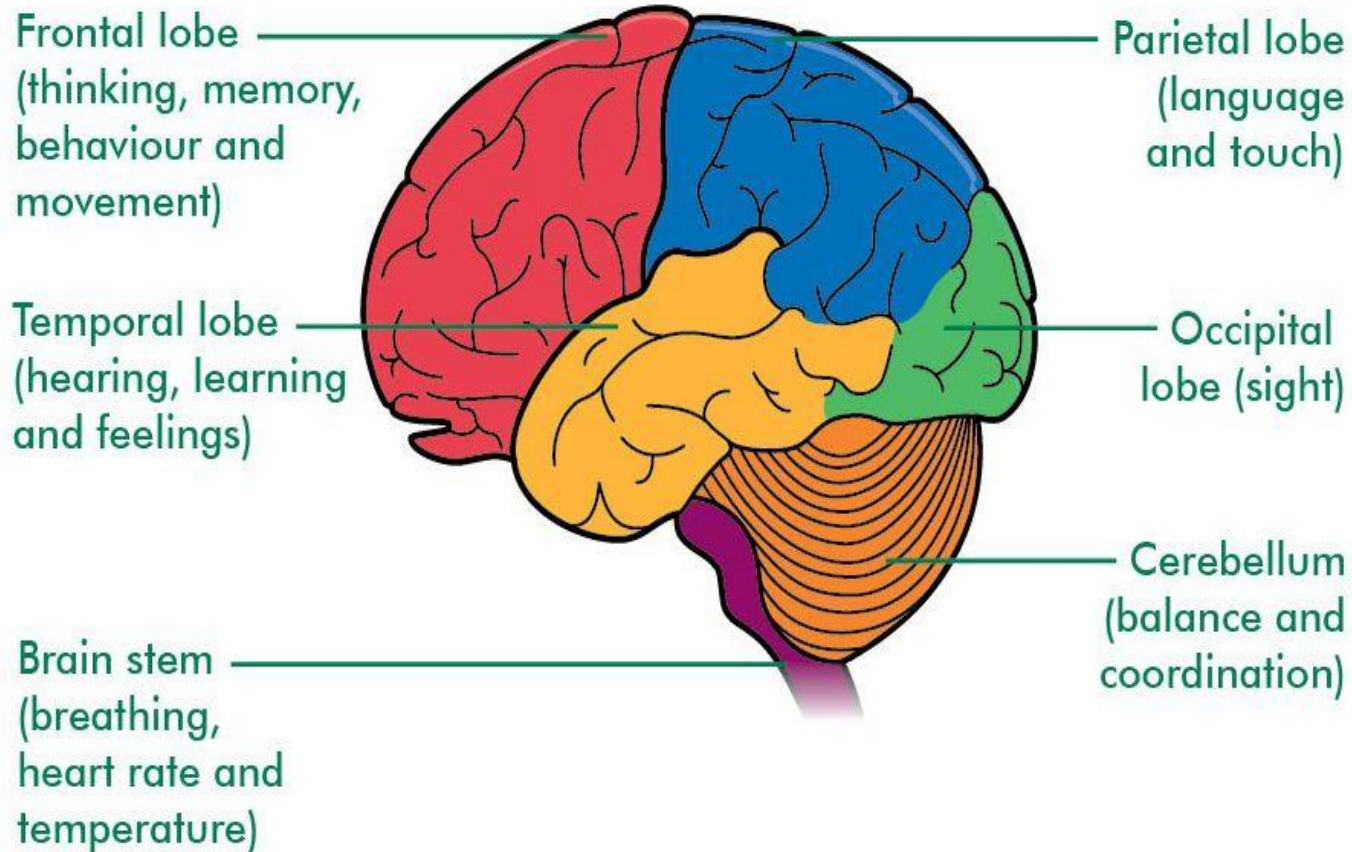


ThinkFirst

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Brain Injury



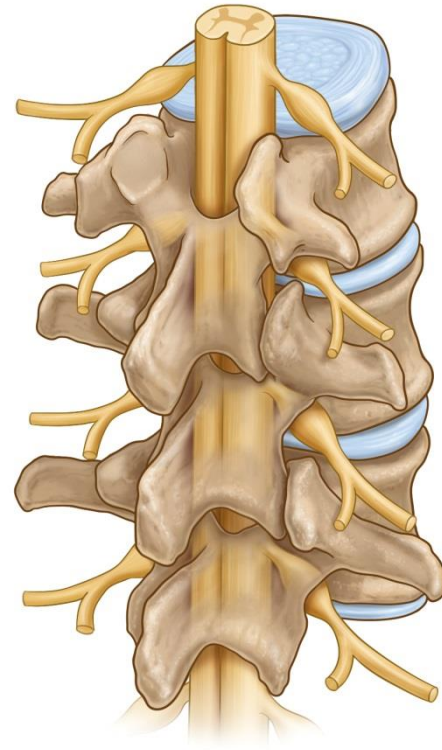
Traumatic Brain Injury (TBI) Facts

Motor vehicle crashes are the leading cause of traumatic brain injury (TBI) related death in young adults 15-24 years of age.

A Story of Strength

Please watch a story of a young person who suffered a Traumatic Brain Injury and their rehabilitation.

Spinal Cord Injury



Spinal Cord Injury FACTS

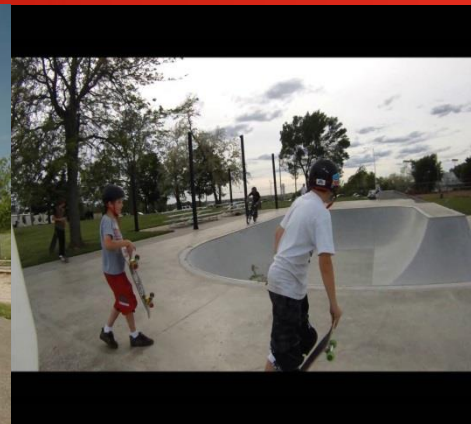
Motor vehicle crashes are the
#1 cause of spinal cord injuries
in 16-30 year olds.

Seat Belts

ALL passengers in the vehicle must be restrained and the seat belt worn correctly.



Protect Your Brain-Wear A Helmet



Make sure it fits!

2 FINGERS ABOVE YOUR EYEBROWS

V SHAPE STRAP UNDER YOUR EARS

1 FINGER SPACE UNDER YOUR CHIN

Always wear a properly fitted, activity specific helmet

Diving

- Diving injuries can take place in swimming pools, lakes, rivers, creeks and just any water environment you can think of.
- Check the water BEFORE you dive!
- Always enter the water-
Feet First-The First Time!



Gun Safety

If you see a gun:

STOP!

Do Not Touch The Gun!

**Leave the area where the
gun is located.**

Tell an adult about the gun.



It's **ALL** about
CHOICES ...

THINK FIRST!



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