

What your child wants you to know about bicycles and brain injuries:

- Nearly half of people hospitalized for bike-related injuries suffer traumatic brain injury.
- People with severe brain injuries can incur millions of dollars in hospitalization, rehabilitation and ongoing support costs and may never be able to return to their pre-injury lifestyle.
- Even injuries termed mild, like concussion, can create lingering effects that impair functioning and performance of daily tasks.
- Impairments like seizure and vision problems may not reveal themselves until many months or even years after the injury occurs. This is particularly true in children.
- In 2005 in Florida, people over the age of 15 accounted for 92% of cyclist deaths and 88% of cyclist injuries.
- In its first year, Florida's bicycle helmet law resulted in a thirty percent decrease in injuries among children 15 and younger and a fifty percent decrease in deaths.
- Wearing a bicycle helmet can reduce the risk of brain injury by eighty-five percent.
- Remember to check the fit of your helmet every time you ride!



Traumatic Brain Injury
Resource & Support Center

A service of:

Brain Injury Association of Florida, Inc.
HELPLINE: 800-992-3442
www.ByYourSide.org

With support from:

The Florida Department of Health

**DON'T LET YOUR
CHILD BECOME
YOUR CAREGIVER.**

**Because
I Love You -
That's**

Brain Injury Association of Florida, Inc.



**A message from your child
about why YOU should wear a
BICYCLE HELMET.**

Kids - Tell your folks they
should wear a helmet too!
Use this space to write or
draw your message > > >



BRAIN INJURY ASSOCIATION OF FLORIDA, INC.