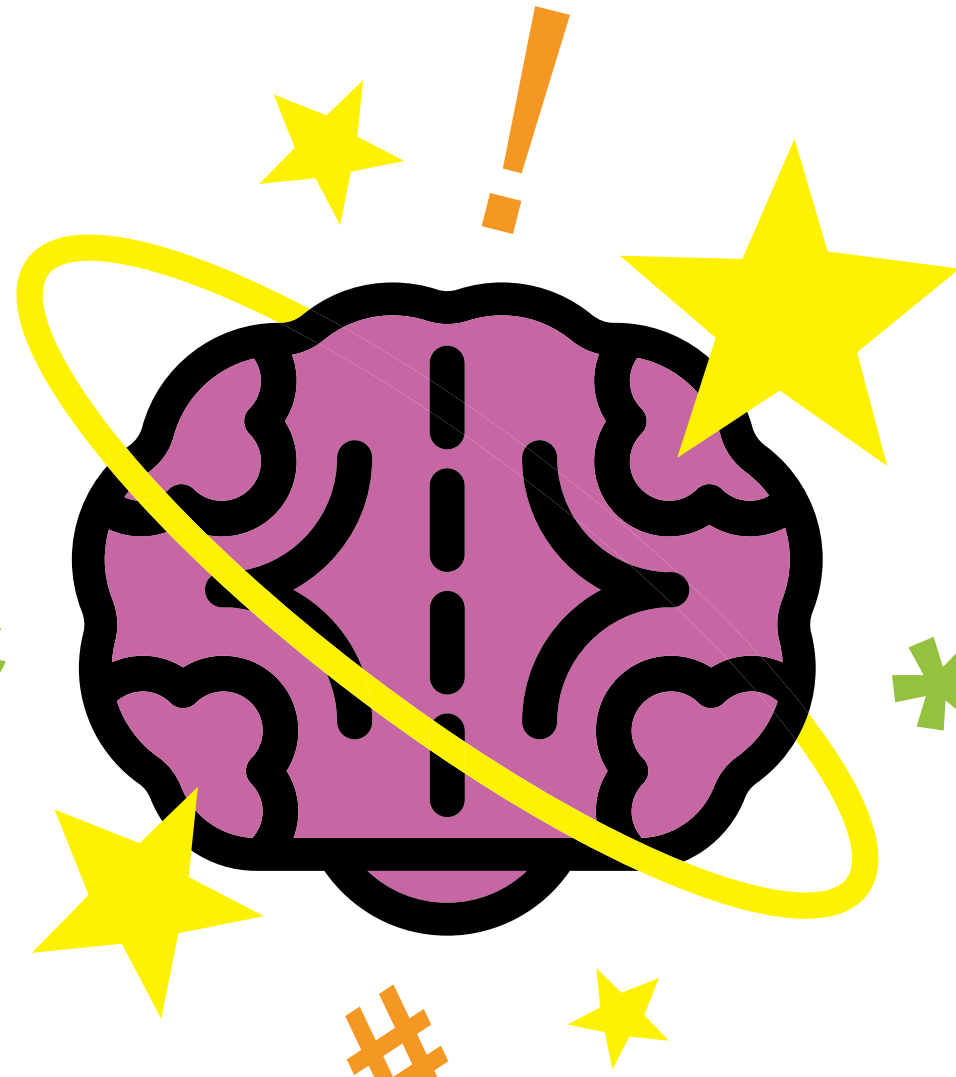


KNOW THE SIGNS



A Concussion
Awareness Campaign





WHO WE ARE

The Brain Injury Association of Virginia is the only state-wide provider of information, resources, and education to persons with brain injury, caregivers, and professionals. **Through support, advocacy, and awareness, we envision a world where every person has access to the help they need for a successful recovery and that all preventable brain injuries are prevented.**

KNOW THE SIGNS

Did you know? Concussions are the most common type of brain injury, but shockingly, 50% go undiagnosed and around 80% of adults cannot recognize the signs of a concussion. To increase public awareness and understanding of concussions, you must **know the signs**. A concussion is a brain injury, too, and we want to help bridge the gap between the misconceptions and realities of concussion so people feel safe, prepared, and supported.

EVERYONE, EVERYWHERE IS INVITED TO JOIN

the Brain Injury Association of Virginia's
Know the Signs campaign to:

Educate people about concussion signs, symptoms, and recovery

Support people who have sustained a concussion

Change common misconceptions about concussions



GET INVOLVED



Our message and impact is much greater when members of our community join in. To help us achieve our goals, we need **Brain Ambassadors** to use their social networks to spread the word about the campaign. As a Brain Ambassador, we encourage using your social media to post about the campaign, general concussion information, or use our suggested posts.

READY TO GET STARTED?



1 Click the **Be an Ambassador** button on our Campaign website page or go to **biav.net/be-an-ambassador/** and follow the instructions

2 Email **info@biav.net** with subject line "Brain Ambassador Info" and include your name and address to receive your **free campaign gift**