



Welcome to the [Injury Prevention](#) Newsletter!

During March and April, we want to highlight Brain Injury Awareness Month, National Poison Prevention Week, Distracted Driving Awareness Month, and National Public Health Week.

March is [Brain Injury Awareness Month](#).

According to the [Office of Acquired Brain Injury](#) (OABI), an [acquired brain injury](#) is brain damage caused by events after birth (i.e, strokes, brain illness, or other brain injuries). Brain injury is one of the most common public health issues in Texas.

OABI will host their annual webinar series in March to raise awareness about brain injury.

Visit [OABI](#) to learn more about [the annual webinar series](#) and find [additional resources](#), including [educational videos](#) and [downloadable materials](#).

March 17-21, 2025, is [National Poison Prevention Week](#).

A poison is anything that can harm your body if you eat, drink, breathe, inject, or touch too much of it ([DSHS Environmental Surveillance and Toxicology](#)).

Some common poisoning events include:

- Taking too much prescription medication
- Inhaling pesticides
- Being bit by a snake
- Using illicit drugs

Poison Prevention Tips

Remember to keep all products and medicines in their original containers; store products such as sprays, hair care products, mouthwash, bleaches, soaps, etc. out of reach of children; always follow label directions; and use carbon monoxide alarms in your home. For a comprehensive list of poison prevention resources, [visit the Texas Poison Center Network](#).

Call the [Texas Poison Center Network](#) at 1-800-222-1222 if you think someone has been poisoned.

Poison Prevention Resources:

- [Texas Poison Center Network](#)
 - [Texas Overdose Data to Action](#)
 - [The National Safety Council](#)
 - [U.S. Department of Health and Human Services](#)
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April is [Distracted Driving Awareness Month](#).

In 2023, [Texas had 94,410 distracted driving crashes](#). Of those, 403 were fatalities and 2,799 were serious injuries. [According to the National Highway Traffic Safety Administration \(NHTSA\)](#), cell phone use is the most common distraction. Other distractions include adjusting the radio, looking at a mapping app, applying makeup, and eating or drinking.

Distracted driving deaths and injuries are preventable!

Distracted Driving and General Roadway Safety Resources:

- [Traffic safety campaigns](#), Texas Department of Transportation
 - [Distracted Driving](#), NHTSA
 - [Safe Riders Child Passenger Safety](#), Texas DSHS
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April 7-13, 2025, is [National Public Health Week](#).

Public health organizations and agencies play an important role in creating healthier, safer communities. During National Public Health Week and all year long, the [Injury Prevention](#) team recognizes their part in creating a healthier, safer Texas. Our vision is to use data and public health best practices to inform injury prevention activities and programs across Texas.

Injury Prevention Programs:

- [EMS and Trauma Registries](#)
 - [Safe Riders Child Passenger Safety](#)
 - [Texas Child Fatality Review](#)
 - [Texas Overdose Data to Action](#)
 - [Texas Violent Death Reporting System](#)
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General Injury Prevention Resources

- Learn more about our programs: [Injury Prevention | Texas DSHS](#)
- Find state and national Injury Prevention resources: [Injury Prevention Resources | Texas DSHS](#)
- Locate more Injury Prevention-related news, events, and observances: [Injury Prevention Calendar | Texas DSHS](#)

Questions? Want to be featured in a future newsletter? Email us at injury.prevention@dshs.texas.gov.

Thank you!

The Injury Prevention Team

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