



TEXAS
Health and Human
Services

**Texas Department of State
Health Services**

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

During March and April, we are highlighting the Community-based Overdose Reporting Tool, Brain Injury Awareness Month, Distracted Driving Awareness Month, and National Public Health Week.

Community-based Overdose Reporting Tool

[Texas Overdose Data to Action](#) (TODA) in collaboration with UTHouston announces the [Community-based Overdose Reporting Tool](#). Anyone can use this tool to report suspected drug poisonings in their local community. You will be asked to select whether you have witnessed a drug poisoning, experienced a drug poisoning, or heard about a drug poisoning secondhand.

The report is anonymous.

Reporting helps identify when and how naloxone is used in the community. This feedback can identify naloxone as a vital strategy for fatality prevention and reduce stigma towards carrying naloxone, both of which are essential for fighting drug poisoning deaths in Texas. Go to the [Community-based Overdose Reporting Tool](#) and select the option that best fits your circumstance.

Questions? Email toda@dshs.texas.gov for additional information and resources.

Additional Drug Poisoning Prevention Resources:

- [Texas Naloxone Locator Map](#) – Find free and reduced-cost naloxone in Texas communities
 - [Naloxone Distribution Container Application](#) – Apply for a free naloxone distribution container
 - [Naloxone Distribution Checklist](#) – Assess naloxone distribution readiness and learn TODA-recommended best practices
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March is [Brain Injury Awareness Month](#).

[The Office of Acquired Brain Injury \(OABI\) reports:](#)

- 144,000 Texans get a traumatic brain injury each year. 33% of sports concussions happen during practice.
- 795,000 people have a stroke each year.

Brain injuries are one of the [most common public health issues in Texas](#). Brain injuries can be traumatic (TBI) and non-traumatic.

[TBIs](#) are caused by trauma to the brain from an external force. This includes falls, motor vehicle crashes, or sports-related injuries.

[Non-traumatic brain injuries](#) are caused by internal factors. These could include a lack of oxygen or exposure to toxins. Common causes of non-traumatic brain injuries are strokes, near-drowning, or an aneurysm.

[OABI brain injury prevention tips:](#)

- Wear your seat belt and buckle your child correctly when riding in a vehicle.
- Wear a helmet when you ride a bike or motorcycle, play contact sports, ride a horse, ski, or snowboard.
- Watch for slippery, uneven walkways and be extra careful when it's hard to see outside.
- Children should play on playgrounds with shock-absorbing surfaces, like sand or wood chips.

April is [Distracted Driving Awareness Month](#).

According to the [Texas Department of Transportation \(TxDOT\)](#), in 2024, “nearly one in five crashes on Texas roads were caused by a distracted driver.” 373 people died and 2,587 were seriously injured in these crashes.

Distractions while driving can include:

- Cell phone use: this includes texting, taking or making phone calls, recording videos, using social media, and checking or sending email
- Passengers and pets inside the vehicle
- Events outside the vehicle (i.e., construction, other vehicles, pedestrians, a crash)
- Eating
- Adjusting your GPS, music, podcast, or audiobook Using your vehicle's touchscreens

All distractions can be dangerous. Distracted driving can impact both drivers and passengers. In Texas, it is illegal to read, write, or send a text while driving. Violators can face a fine of up to \$200.

TxDOT safety tips:

- Always give driving your full attention.
- Pull off the road entirely and come to a complete stop before you talk or text.
- Put your phone away, turn it off, or use an app or your phone settings to block texts and calls or send auto-reply to texts while you are driving.
- Tell friends, family, and coworkers you won't respond to calls or texts when you are behind the wheel.
- Remember that all distractions are dangers, so pay full attention when behind the wheel.

April 6-12, 2026, is [National Public Health Week](#).

During [National Public Health Week](#), we want to recognize the role public health plays in creating safer, healthier communities. Public health includes both [disease prevention](#) [and the promotion of good health practices](#).

Emergency responders, health educators, public policymakers, researchers, nutritionists, and social workers are just a few examples of public health

professionals that make a difference in communities. Public health activities can include vaccination programs, educational campaigns, school nutrition programs, and measurement of the effectiveness of these programs.

The [Injury Prevention Unit](#) celebrates [Texas Injury Prevention Champions](#) during [National Public Health Week](#) and all year long. These champions are public health professionals and everyday Texans working to prevent injuries and create a safer, healthier Texas.

Do you know a [Texas Injury Prevention Champion](#) making a difference in your community? [Nominate them](#) to be featured in our Champions of Texas Injury Prevention [Newsletter](#) and [webpage](#).

Visit the [American Public Health Association webpage](#) for National Public Health Week [resources](#) and [events](#).

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 resource newsletter? Email us at injury.prevention@dshs.texas.gov.

Thank you!

The Injury Prevention Team

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