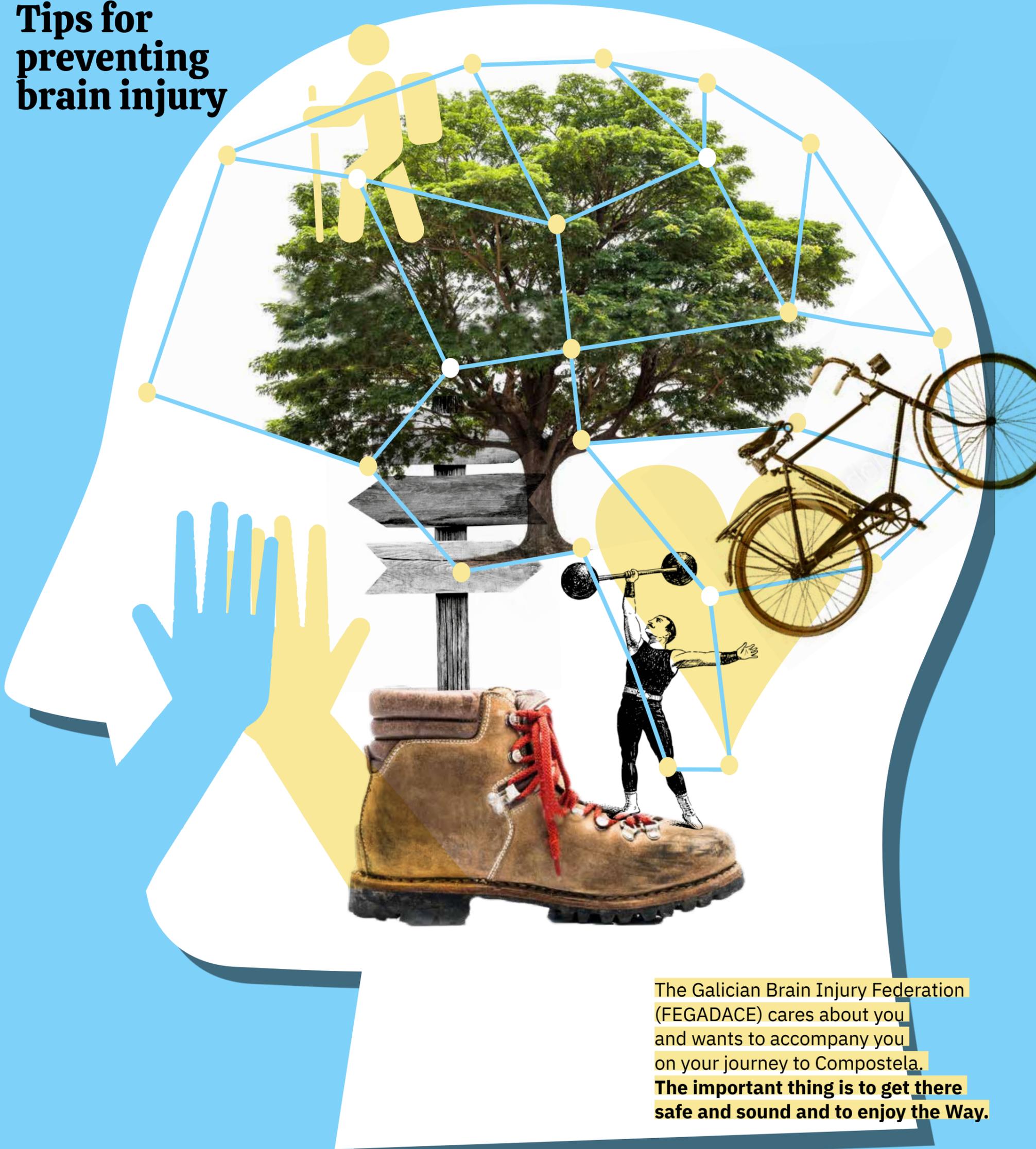


Get there safely

Tips for preventing brain injury

Find more information here



The Galician Brain Injury Federation (FEGADACE) cares about you and wants to accompany you on your journey to Compostela. **The important thing is to get there safe and sound and to enjoy the Way.**

Welcome to the Way of Santiago!



The Galician Brain Injury Federation (FEGADACE) cares about you and wants to accompany you on your journey to Compostela. **The important thing is to get there fit and healthy and to enjoy the Way.**

Acquired brain injury is a disability that occurs suddenly in **people born without any type of brain damage**. The main causes are **stroke and head injuries**. They produce a series of lesions in the brain structures that become chronic and which generate **different types and levels of disability depending on the person**, of whom we say they have acquired brain injury.

Brain injury cannot be avoided, but **it is possible to prevent it** by working to avoid its causes.

Congratulations! By undertaking the Camiño de Santiago you are spending your free time very wisely for the prevention of stroke:

- 👍 You are **avoiding a sedentary lifestyle** through moderate exercise, like walking or cycling.
- 👍 Physical activity will help you **maintain a healthy weight**. Complement exercise with a balanced diet!
- 👍 **Contact with nature** is also a relaxation technique: Practice them to control stress.
- 👍 The fatigue at the end of each stage will help you **rest and sleep well**.
- 👍 Visiting different places is a stimulus that **keeps your brain awake** and active.
- 👍 Any little **intellectual challenge** helps to exercise your brain: planning the best route, observing the flora and fauna, chatting with other pilgrims...



But Remember! Walking can also expose you to other risk factors for brain injury. Causes of traumatic brain injuries are:

Traffic accidents.

- ⚠️ Walk along the **marked paths** and, where not possible, on the pavement. If you have to walk in the road, **stay alert and walk on the left**.
- ⚠️ **Do not walk through prohibited locations**, such as highways and toll roads.
- ⚠️ If you go **in a group, go in single file**. If your group is cycling, you can also go two by two.
- ⚠️ **Before crossing, always look both ways**, choose safe places avoiding curves and blind spots. If you can, use pedestrian crossings.
- ⚠️ Wear **reflective elements** on your clothing and backpacks. Use your **bike lights night and day** (red light behind and white light in front).
- ⚠️ **Forget your phone and headphones**; using them cuts you off from traffic.
- ⚠️ If you are riding a bicycle, **wear a helmet**, comply with the highway code and remember to use hand signals.

Knocks, bruises and falls.

- ⚠️ A **medical check-up before setting out** will help you to better understand your physical condition. Talk to your doctor about the side effects of any medication you may be taking.
- ⚠️ **Regular physical exercise** helps to maintain your tone and agility, reducing risks.
- ⚠️ Take plenty of **breaks** and **stay hydrated**. Stand up carefully after a lengthy rest.
- ⚠️ Use **support aids** such as a walking stick, and look after your socks and shoes. They should be snug and provide support.
- ⚠️ Keep **emergency phone numbers** in an easy to find place.
- ⚠️ **Enjoy the Way**: Play fair and don't race other pilgrims.
- ⚠️ The **values of sport and fun** should always come before competitiveness.



How do you know if someone is having a stroke?

Think **F.A.S.T.** (Face droop, Arm strength, Speech difficulty, Time to get to hospital)



And if you need assistance:

If you **have or see an accident or emergency**, call any of these numbers as soon as possible:

☎️ **112** European Union Emergency Phone

☎️ **061** Galicia Health Emergency Phone

If your incident is not **urgent**, you can search for help in the following places:

FEGADACE
Galeras 17, 2º, Despacho 5
15705 Santiago de Compostela
881 943 148 / 659 177 709
fegadace@fegadace.org



Health centre and hospital locator



Brain injury associations