

COVID-19 Dissemination Toolkit for TBI Model System Researchers

Dear TBIMS Researchers,

The [Model Systems Knowledge Translation Center](#) (MSKTC) has developed this toolkit to help individuals with TBI to stay healthy during the coronavirus/COVID-19 pandemic. Please use the sample language below to send social media messages and newsletter stories to your network to make others aware of the MSKTC resources available.

Section 1: Sample Social Media Messages

- In these unprecedented times, #MSKTC resources can help people with #TBI to #stayhealthy. <https://bit.ly/2XhXESu>
- #MSKTC's free, #researchbased resources can help people with #TBI and their families #stayhealthy during #COVID19. <https://bit.ly/2XhXESu>
- Drinking after a #TBI injury increases the chances of getting injured again. During #COVID19, #stayhealthy with this #research-based #MSKTC info in English and Spanish: <https://bit.ly/39X7fRp>
- In these uncertain times, staying active can help alleviate depression in people with a #TBI injury. Learn more with this suite of #MSKTC resources: <https://bit.ly/2VgmuQ4> #stayhealthy
- #TBI #patients and their caregivers can help #stayhealthy during #COVID19 by knowing what to do in case of a seizure. Share this free #MSKTC resource with them: <https://bit.ly/2JS96MB>
- #DYK 30-65% of people with #TBI report dizziness during their recovery? Help them prevent falls and #stayhealthy w/ this #MSKTC info: <https://bit.ly/2xiLWMF>
- Many people with #TBI have sleep issues, which can exacerbate depression and anxiety. During #COVID19, help support better sleep with this free #MSKTC resource: <https://bit.ly/3e7RxGj> #stayhealthy

- #TBIs can change the way people express feelings or emotions. Help #patients #stayhealthy with this #MSKTC factsheet in English and Spanish: <https://bit.ly/3eioQXo>
- #Providers –help people with #TBI and their caregivers understand their injury and help them #stayhealthy during #COVID19 with this #MSKTC fact sheet: <https://bit.ly/3c6gyzW>
- What’s the difference b/w depression vs. situation sadness in someone with #TBI? These #MSKTC resources can help you understand and #stayhealthy: <https://bit.ly/2XoYlt1>

Section 2: Sample Newsletter Message

The Model Systems Knowledge Translation Center (MSKTC) is supporting people living with traumatic brain injury (TBI) to help them stay healthy during the coronavirus/COVID-19 pandemic. People living with TBI can continue to improve their health and wellbeing during these unprecedented times using a variety of MSKTC’s free, online resources. For example MSKTC TBI resources ranging from alcohol use to managing depression and emotions to fall prevention, please visit <https://msktc.org/tbi>. In addition to TBI resources, MSKTC has resources on spinal cord injury (<https://msktc.org/sci>) and burn injury (<https://msktc.org/burn>). The MSKTC is funded by the National Institute on Disability, Independent Living, and Rehabilitation Research, Administration for Community Living, U.S. Department of Health and Human Services.