HEADS UP CONCUSSION

CONCUSSION *in* SPORTS

STATISTICS

In 2009, NEARLY 250,000 KIDS AND TEENS were treated in emergency departments for sports and recreation-related TBI, including concussion.

WHEN IN DOUBT,
>> SIT THEM OUT!

WHEN APPROPRIATE MAKE SURE AN ATHLETE USES THE CORRECT HELMET FOR THEIR ACTIVITY.

Wearing a helmet can help protect athletes from serious brain or head injuries.

THERE IS NO "CONCUSSION-PROOF" HELMET.

LEARN CONCUSSION SIGNS
SYMPTOMS

- ☐ Headache
- ☐ Dizziness
- ☐ Blurred Vision
- ☐ Difficulty Thinking Clearly
- ☐ Sensitivity to Noise & Light

SEE FULL LIST OF SYMPTOMS @

www.cdc.gov/Concussion

if YOU THINK
AN ATHLETE HAS A CONCUSSION

USE THE HEADS UP ACTION PLAN

1. Remove the athlete from play.
2. Keep the athlete out of play the day of the injury.
3. An athlete should only return to play with permission from an appropriate health care professional.

HELP KEEP ATHLETES SAFE *from* CONCUSSIONS
AND OTHER SERIOUS BRAIN INJURIES

REPORT IT
Remind your athletes to tell coaching staff right away if they think they have a concussion or that a teammate has a concussion.

FOLLOW THE RULES
Make sure that athletes follow the rules for safety and the rules of the sport.

SPORTSMANSHIP
Encourage athletes to practice good sportsmanship at all times.

ACTION PLAN
Keep the Heads Up Action Plan at all games and practices.

LEARN *more* AT:
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U.S. Department of Health and Human Services
Centers for Disease Control and Prevention