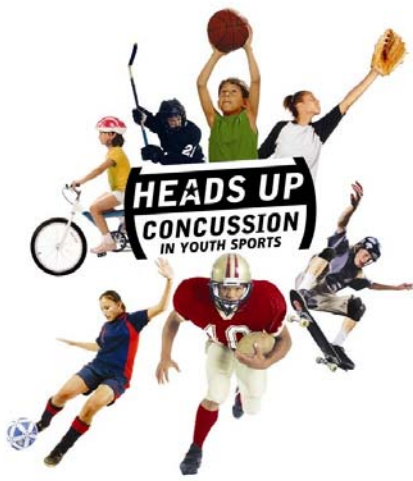


Play It Safe When It Comes To Concussions



More than 38 million boys and girls, ages 5-18, participate in organized youth sports across the country. And while sports can be a fun way to socialize and instill values such as teamwork, physical activity can also mean potential injuries. We need our coaches, parents

and athletes to recognize and manage injuries – especially concussions – if we want our kids to be part of a safe, winning team.

Concussions are one of the most commonly reported injuries in children and adolescents who participate in sports and recreation activities. The Centers for Disease Control and Prevention (CDC) estimates that as many as 3.8 million sports- and recreation-related concussions occur in the United States each year. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

Concussions can occur in any organized or unorganized sport or recreational activity and can result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

In response, CDC has developed the *Heads Up: Concussion in Youth Sports* campaign. The purpose of the campaign is to increase awareness and knowledge among youth sports coaches and administrators about concussion and the need to manage concussions appropriately.

As part of the campaign, CDC developed practical, easy-to-use information for coaches as well as sports administrators, athletes, and parents, including: fact sheets, a clipboard, magnets, and posters available at no cost.

It’s important for coaches to become familiar with the signs and symptoms of a concussion so that they can respond appropriately. To help recognize a concussion, coaches should be alert for any athletes who experience a forceful blow to the head or body that results in rapid movement of the head and any demonstrated changes in an athlete’s behavior, thinking or physical functioning. The “Heads Up” materials provide a comprehensive list of signs and symptoms of concussion as well as important steps to take when a concussion is suspected.

To learn more and order the *Heads Up: Concussion in Youth Sports* materials **at no cost**, visit:
www.cdc.gov/ConcussionInYouthSports.