

FREE
"HEADS UP" CONCUSSION TOOL KITS
AVAILABLE FOR ALL YOUTH SPORTS COACHES

GET YOUR HEAD IN THE GAME



As many as 3.8 million sports- and recreation-related concussions are estimated to occur in the United States each year.

A concussion is a brain injury caused by a bump or blow to the head that can change the way your brain normally works. Even what seems to be a mild bump or blow to the head can be serious. As a coach or youth sports administrator, you play a vital role in sharing this information with athletes and parents. You are on the front line in the effort to identify and respond to concussions in young athletes.

Order your free "Heads Up: Concussion in Youth Sports" tool kits today. The kits include a clipboard with essential and easy-to-use information about recognizing and responding to concussions.

The tool kit also contains:

- **A fact sheet for coaches on concussion;**
- **A fact sheet for athletes on concussion;**
- **A fact sheet for parents on concussion;**
- **A magnet with concussion facts for coaches and parents;**
- **A poster with concussion facts for coaches and sports administrators; and**
- **A quiz for coaches, athletes, and parents to test their concussion knowledge.**

For more information and to order additional materials **free of charge**, visit:
www.cdc.gov/ConcussionInYouthSports

For more detailed information on concussion and traumatic brain injury, visit:
www.cdc.gov/injury

It's better to miss one game than the whole season.