

Take Concussions Out of Play: Learn to Prevent, Recognize, and Respond to Concussions



This year, in recognition of Brain Injury Awareness Month, the Centers for Disease Control and Prevention's (CDC) Injury Center encourages school professionals, coaches, parents, and athletes to learn [concussion signs and symptoms](#) and [how to respond if a concussion occurs](#) in youth sports.

CDC's national *Heads Up* initiative focuses on the prevention, recognition, and response to concussion. The initiative includes tool kits, fact sheets, posters and other useful educational aids available at no cost to health care providers and patients, school professionals, sports coaches, parents, and kids and teens. [A recent study](#) in the *Journal of School Health* found that half of the high school coaches who used CDC's *Heads Up* series for coaches reported viewing concussions more seriously after usage.

The study also found:

- More than two-thirds (68%) of coaches reported educating others about concussions, including athletes, athlete's parents and other coaches.
- Over a third of coaches reported making improvements in how they responded to and focused on preventing concussions, including placing more emphasis on training techniques and safety equipment.

Learn More

- [Download a free copy of the study \(Journal of School Health\).](#)
- [Learn to Prevent, Recognize, and Respond to Concussions. Visit \[www.cdc.gov/Concussion\]\(http://www.cdc.gov/Concussion\).](#)
- [Read CDC's feature article—Take Concussions Out of Play.](#)