

# HEADS UP!



## FREE CDC Tool Kit on Concussion for High School Coaches



### DID YOU KNOW?

- ✗ Each year, as many as 3.8 million sports- and recreation-related concussions occur in this country.
- ✗ Athletes who have had at least one concussion are at increased risk for another concussion.
- ✗ A repeat concussion that happens before the brain fully recovers from the first can result in brainswelling, permanent brain damage, and even death. This is called "second impact syndrome."



The Centers for Disease Control and Prevention (CDC) has created a free tool kit, *Heads Up: Concussion in High School Sports*, that provides useful tools and information to help coaches, as well as athletic directors and trainers, prevent, recognize, and manage concussions.

#### The tool kit contains practical, easy-to-use information including:

- A video and DVD;
- A coach's guide with information about preventing and managing concussion;
- A wallet card and clipboard sticker for coaches;
- Posters to hang in locker rooms;
- Fact sheets in English and Spanish for athletes and their parents; and
- A CD-ROM with downloadable kit materials and additional concussion-related resources.



To order or download this tool kit free-of-charge, go to:  
[http://www.cdc.gov/ncipc/tbi/Coaches\\_Tool\\_Kit.htm](http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm).

For more information or questions on the *Heads Up: Concussion in High School Sports* tool kit, please contact CDC at 1-800-CDC-INFO (232-4636) or email at [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov).

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

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION

