

# DON'T LET A CONCUSSION TAKE YOU DOWN.

**1 out of 2**  
concussions in wrestling  
result from a **takedown.**

Ask your coach for concussion safety tips.

Learn more:  
[www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)



Source: Marar M, McIlvain NM, Fields SK, Comstock RD. Epidemiology of concussions among United States high school athletes in 20 sports. *Am J Sports Med.* 2012;40(4):747-755.

