

# SET, SPIKE, STAY SAFE.

Nearly **40%** of  
**concussions** in girls' volleyball  
happen when **diving for the ball.**

Ask your coach for concussion safety tips.

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

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



**CDC HEADS UP**  
SAFE BRAIN. STRONGER FUTURE.

