A hit to the head can hurt your brain. When your brain gets hurt, you might get a headache or feel:

- Sick to your stomach
- Dizzy
- Tired
- Grumpy

If this happens, you might have a brain injury called a CONCUSSION.

A CONCUSSION FEELS DIFFERENT TO EACH PERSON SO TELL AN ADULT HOW YOU FEEL.

TO HELP KEEP YOUR BRAIN SAFE:

- Always wear your helmet when riding your bike.
- Always buckle up when in the car.
- Play safe and avoid hits to the head when playing sports.
When someone has a concussion, they need to **REST** to help their brain get better. That means taking a break from sports until they get better.

If you hit your head and don’t feel well, **TELL A GROWN UP** about it: your mom or dad, teacher, coach, or the school nurse.

**GET CHECKED OUT BY A DOCTOR.**
Doctors know how to check for a concussion and can help you feel better.

Ask your parents or coach for more tips to help **KEEP YOUR BRAIN SAFE**.

YOUR PARENTS AND COACHES CAN LEARN MORE ABOUT CONCUSSION AT [cdc.gov/HEADSUP](http://cdc.gov/HEADSUP)