



# Young children and teens are more likely to get a concussion and take longer to recover than adults.

To learn more about concussion, talk to your school nurse or school administrator and visit [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).



## KNOW YOUR CONCUSSION ABCs

- A - Assess the situation
- B - Be alert for signs and symptoms
- C - Contact a health care professional



Learn more and download free concussion resources at [www.cdc.gov/Concussion/](http://www.cdc.gov/Concussion/)