

## Keep kids safe from concussions

**P**laytime is fun, especially when sports or outdoor activities are concerned. But playtime can be dangerous. Kids can get bumped, bruised or hit on the head. That can cause concussion. Concussions can affect how well people can think and move. Taking steps to play it safe will help protect their brains on and off the field.



Photo above by Gradyreese, below by Michaeljung, courtesy iStockphoto

### Quick facts on concussions:

**1** Wearing a helmet for activities that require one is important. Some sports and biking are safer with a helmet on, but no helmet will prevent all concussions. Make sure helmets fit and are in good shape.



**2** Head injury risks do not stop at sports. Bumps and hits happen on the playground too. Play areas with soft surfaces such as sand or rubber are safer than cement.

**3** Following the rules can also keep kids safe. Remind children to follow rules for all games. Many rules are in place specifically to keep players safe. Being a good sport protects everyone.

**4** Know the signs of concussion. Kids may struggle to follow directions. They might feel dizzy, sick to their stomach or have a headache. They might not be able to stay balanced.

**5** Go to a doctor right away if your child complains of any head injury symptoms. Without medical help, they could face long-term issues, such as problems with memory, emotions or speech.



>> For more information on concussions, visit [www.cdc.gov/headsup](http://www.cdc.gov/headsup)