

HEADS UP KIDS

DID YOU KNOW
THAT YOUR
BRAIN
CAN GET HURT?



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

