

# 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](https://cdc.gov/HEADSUP)



# THE BRAIN SAFETY GAME

Concussion affects thousands of children each year and a lack of awareness can put children at risk for serious injury.



## WHAT IS ROCKET BLADES?

Rocket Blades is a mobile game app developed by the Centers for Disease Control and Prevention (CDC) that teaches concussion safety and brain safety to children ages 6 to 8.

## HOW DOES IT WORK?

Through a futuristic world of galactic racing adventures, the game aims to help children learn the benefits of playing it safe and smart!

### Gameplay Goals:

- Keep players safe by avoiding obstacles that could lead to a concussion.
- Make smart choices about resting players who have a concussion.

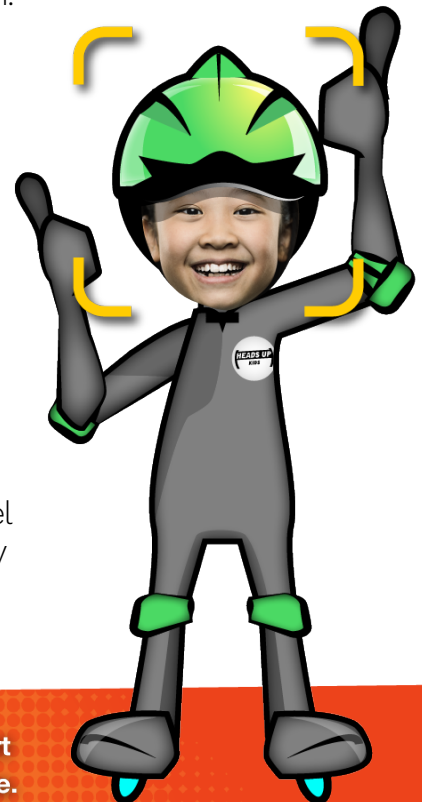
When players are injured the game simulates concussion symptoms, making the screen blurry and play more challenging. Children are prompted to tell a grown-up when a player is injured and swap injured players out for a healthy teammate. At the end of each level, a doctor checks out all the injured players to make sure their brains are rested and recharged, and they are healthy to race.

### Gameplay Features:

As children skate through levels they collect power gems. Power gems fuel up a spaceship that will blast off to Galactic City for an all-star dance party that is out of this world!



As an added bonus, children can take a selfie and insert themselves into the dance party at the end of the game.





## WHAT WILL CHILDREN LEARN?

Rocket Blades helps children understand:

- Hitting your head can cause a brain injury, called a concussion
- You should tell your coach, parent, or another adult if you hit your head
- You should see a doctor if your brain is hurt and rest before returning to play



## HOW CAN I GET THE APP?

CDC HEADS UP Rocket Blades\* is available for download in the iTunes App Store free of charge.

You can find the app by visiting:  
<http://apple.co/2m5OY0g>



\*compatible with iPhone, iPad, iPod touch and requires iOS 7.0 or later.

## CONNECT WITH US

Please visit [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP) for additional information about concussion safety and how to get involved in your community.



YOU CAN FIND US ON FACEBOOK  
AT [FACEBOOK.COM/CDCHEADSUP](https://www.facebook.com/CDCHEADSUP),  
AND ON TWITTER @CDCINJURY

