



HEADS+UP

CONCUSSION

IN HIGH SCHOOL SPORTS
GUIDE FOR COACHES



DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



The Facts

- A concussion is a **brain injury**.
- All concussions are **serious**.
- Concussions can occur **without loss of consciousness**.
- Concussions can occur **in any sport**.
- Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

