CDC’s HEADS UP for Parents

Find more information at [HEADS UP](#)

- Brain Injury Basics
- Helmet Safety
- Youth Sports
- Concussion Policies and Laws

[STATISTICS]
MORE THAN 170,000 KIDS AND TEENS
are treated in an emergency
department each year for sports- or
recreation-related traumatic brain
injuries, including concussions.

[WHEN IN DOUBT,]
SIT THEM OUT!