

# 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)

