“Heads Up” on Concussion
Learn Your Concussion ABCs

Kelly Sarmiento, MPH
Director of Communications
Division of Injury Response
National Center for Injury Prevention and Control
What is a Concussion?

- A type of traumatic brain injury (TBI) that changes the way the brain normally works.
- A concussion is caused by a bump, blow, or jolt to the head.
- Children and teens are more likely to sustain concussions and other forms of TBI and take longer to recover.
- Proper recognition and response to concussion symptoms in the school environment can prevent further injury and can help with recovery.
How Can Concussions Happen in Schools?

- Fall, or any time a student’s head comes into contact with a hard object, such as a desk, or another student’s head or body.

- Physical education (PE) class, playground time, or school-based sports activities.

- Outside of school, but then come to school when symptoms of the concussion are presenting.
Concussion in Schools (K-12)

- “Heads Up to Schools: Know Your Concussion ABCs”
  - Fact sheets for school nurses, teachers, parents
  - Concussion symptom checklist
  - Magnet
  - Poster
  - Laminated card
Learn Your Concussion ABCs

• How to:
  – Recognize a concussion
  – Understand the danger signs
  – Respond to a suspected concussion (action plan)
  – Help students return to school *and* sports
  – Prevent and prepare for concussions
For school nurses

You can keep them in your office and also present them to other school staff during staff meetings. The signs and symptoms checklist is particularly useful in helping to monitor a student with a head injury. The fact sheet for parents should be sent home with a student who has a head injury, so that mom and dad know which symptoms to look out for at home.
For school professionals

The fact sheet for teachers, counselors, and school professionals can serve as a quick reference guide in the classroom. The magnet can be placed in any number of locations, from a school filing cabinet to the refrigerator in the staff lounge. You can also place the poster in the staff lounge, the cafeteria, or wherever you think it might be most visible. We encourage you to include the laminated card in your first aid kits or take it on field trips.
More Tools You Can Use
CDC’s “Heads Up” Educational Initiatives

- Improve prevention, recognition, and response to concussion.
- Tested and evaluated with the target audiences.
- To date over 1.5 million print copies disseminated and 50 million media impressions.
Concussion in High School Sports

• “Heads Up: Concussion in High School Sports”
  – Video
  – Guide for coaches
  – Wallet card
  – Clipboard sticker
  – Posters
  – Fact sheets for parents and athletes
Concussion in Youth Sports

• “Heads Up: Concussion in Youth Sports”
  – Fact sheets for coaches, parents, and athletes
  – Clipboard
  – Magnet
  – Poster
  – Concussion quiz

FREE Online Training Course for Coaches
Diagnosing and Managing Concussion

Primary Care Setting:

- “Heads Up: Brain Injury in Your Practice”
  - Overview on clinical diagnosis and management
  - ACE symptom evaluation tool
  - ACE Care Plan
  - “Concussion in Sports” palm card
  - Patient education materials

Acute Care Setting:

- “Updated Mild Traumatic Brain Injury Guideline for Adults”
  - Clinical diagnosis and management guidelines
  - Pocket card for clinicians
  - Patient discharge handout
  - Wallet card for patients
  - Integrated into electronic discharge and clinician education systems
How Can I Obtain Copies?

• All materials are available at NO COST at www.cdc.gov/Concussion.

• Bulk orders may be placed by contacting: 1-800-CDC-INFO or CDC-INFO@cdc.gov
Questions?
Contact: NCIPCDIRinfo@cdc.gov

Learn More
Go to: www.cdc.gov/CONCUSSION