

A Bump on the Head

[Announcer] *This podcast is brought to you by the Centers for Disease Control and Prevention. CDC - safer, healthier people.*

[Karmen] Hi kids! Welcome to CDC Kidtastics Radio! I'm Karmen Kidtastic. Today, we're talking about sports and concussions.

[Chris] I had a concussion once. I hit my head really hard when I was playing football.

[Kaya] What happened?

[Chris] I wanted to shake it off but coach pulled me from the game!

[Caydan] Yeah, I was there. I thought it was barely a ding and Chris is tough; we really needed him for the game!

[Kaya] Did you have to go to the doctor, Chris?

[Chris] Yep. She told me I had a concussion and concussions are *serious*. I couldn't play again until she said it was O.K.

[Karmen] They *are* serious. They can happen in practice or during a game and you might not even know it. You don't have to get knocked out to get a concussion.

[Chris] Yeah. Concussions can change the way your brain normally works.

[Caydan] What are the symptoms of a concussion?

[Karmen] There are a lot of them! A headache or "pressure" in your head,

[Chris] Nausea or vomiting,

[Kaya] Balance problems or dizziness,

[Karmen] Double or blurred vision,

[Chris] Bothered by light or noise,

[Kaya] Feeling sluggish, hazy, foggy, or groggy,

[Karmen] Trouble paying attention,

[Chris] Memory problems,

[Kaya] Confusion, and

[Karmen] Just not feeling right.

[Caydan] What should I do if I think I have a concussion?

[Karmen] Tell your coach or parent *right away*.

[Chris] Yeah, and if you think one of your teammates might have a concussion, be sure to tell your coach.

[Karmen] Your health care provider can tell you if you have a concussion.

[Kaya] And if you have a concussion, your brain needs time to heal. While your brain is healing, it's much easier to get another concussion, so it's important to rest until your healthcare provider says you can play again.

[Caydan] Is there anything I can do to *prevent* a concussion?

[Chris] Well, Caydan, every sport is different, but there are things you can do to protect yourself.

[Karmen] Follow your coach's rules for safety *and* the rules of the sport.

[Kaya] *Always* practice good sportsmanship.

[Chris] And use the right equipment for your sport, including personal protective equipment, like helmets, padding, shin guards, and eye and mouth guards. Make sure the equipment is worn correctly and fits well and use it *every* time you play.

[Karmen] Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

[Announcer] For more health information, go to www.cdc.gov or call 1-800-CDC-INFO, 24/7.