

Know the Facts: Understanding Concussion

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

“I just don’t feel right.”

“I can’t depend on myself.”

“I explode over the littlest things.”

“I keep forgetting things.”

Know the facts about concussion!

- A concussion is a brain injury.
- All concussions are serious.

The signs and symptoms of concussion can be difficult to sort out. Early on, problems may be missed by the person with the concussion, family members, or health care providers. People may look fine, even though they are acting or feeling differently.

Recognition and proper response to concussions when they first occur can aid recovery and help prevent further injury or even death.

Free resources to help you to better understand concussion are available at www.cdc.gov/concussion.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.