



## **A MINUTE OF HEALTH WITH CDC**

### *Watch Your Head*

*Nonfatal Traumatic Brain Injuries from Sports and Recreation Activities  
among Persons aged  $\leq 19$  Years — United States, 2001–2009*

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*This program is presented by the Centers for Disease Control and Prevention.*

Over 200,000 people a year are treated in emergency departments for concussions they got while participating in a sport or recreational activity. Symptoms of a concussion can include confusion, dizziness, headache, nausea, and sometimes loss of consciousness. If a concussion is suspected, the person should be removed from the activity immediately and not return until cleared by a health care professional who has experience evaluating concussions. These injuries can be prevented by using appropriate protective equipment, teaching proper techniques for the specific activity, and emphasizing strength and conditioning. When in doubt, keep the athlete out of play.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.