

HEADS UP TO YOUTH SPORTS

CONCUSSION RESOURCES



CDC HEADS UP
SAFE BRAIN. STRONGER FUTURE.

EDUCATIONAL TOOLS

For Coaches

- Youth Sports
www.cdc.gov/headsup/youthsports/coach.html
- High School
www.cdc.gov/headsup/highschoolsports/coach.html

For Parents

- www.cdc.gov/headsup/parents/index.html

For School Professionals

- www.cdc.gov/headsup/schools/index.html

For Athletes:

- Youth Sports
www.cdc.gov/headsup/youthsports/athletes.html
- High School
www.cdc.gov/headsup/highschoolsports/athletes.html

HEADS UP Concussion Action Plan (Concussion Response)

- www.cdc.gov/headsup/basics/concussion_respondingto.html

PREVENTION TIPS

- Sports Safety
www.cdc.gov/headsup/basics/concussion_prevention.html



- Posters for Athletes
www.cdc.gov/headsup/highschoolsports/athletes.html

CONCUSSION SIGNS AND SYMPTOMS

- Signs and Symptoms
www.cdc.gov/headsup/basics/concussion_symptoms.html
- Danger Signs
www.cdc.gov/headsup/basics/concussion_danger_signs.html

RETURN TO ACTIVITY PLANS

- Return to Activity (Non-sports)
www.cdc.gov/headsup/basics/concussion_recovery.html
- Return to School
www.cdc.gov/headsup/basics/return_to_school.html
- Return to Play or Sports
www.cdc.gov/headsup/basics/return_to_sports.html

CHRONIC TRAUMATIC ENCEPHALOPATHY (CTE)

- Answering Questions About CTE
www.cdc.gov/traumaticbraininjury/pdf/CDC-CTE-FactSheet-508.pdf

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