



Did you know that *your brain can get hurt?*



CDC HEADS UP
SAFE BRAIN. STRONGER FUTURE.

A hit to the head can hurt your brain.

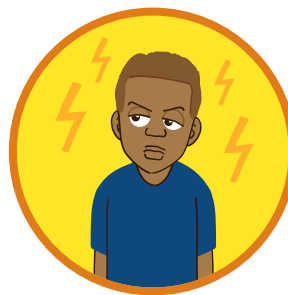
When your brain gets hurt, you might get a headache or feel:



Dizzy



Tired



Grumpy



Sick to your stomach

If this happens, you might have a brain injury called a concussion.

Did you hit your head and don't feel well?



Tell a grown up about it:
your parent, teacher, coach,
or the school nurse.



Get checked out by a doctor.
Doctors know how to check
for a concussion and can
help you feel better.



Your brain needs time
to get better when you
have a concussion.

That might mean taking
a break from sports or
other activities.

To help keep your brain safe:



Always wear your helmet when riding your bike.



Always buckle up when in the car.



Play safe and avoid hits to the head when playing sports.



Ask your parents or coach for ***MORE TIPS*** to help keep your brain safe.

Word Search

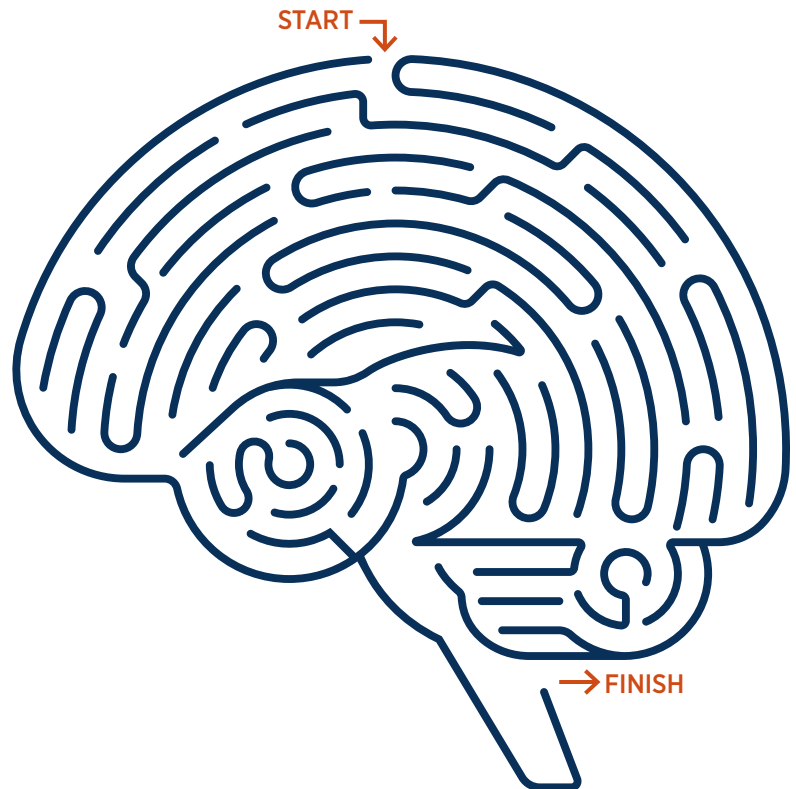
Find these hidden words below:

DIZZY TIRED GRUMPY SICK

GROWN UP DOCTOR REST

D	O	C	T	O	R	S	Z	R	Z
X	B	U	C	Y	R	R	Q	P	P
G	T	I	R	E	D	E	E	U	R
R	Q	T	S	I	X	Q	Z	V	N
O	W	N	I	N	D	S	T	M	F
W	Q	B	C	U	D	I	Z	Z	Y
N	R	N	K	J	H	I	X	Q	Z
U	J	K	H	B	S	O	F	R	I
P	G	R	U	M	P	Y	D	A	P
S	X	D	I	K	R	E	S	T	E

Brain Maze



Your parents and coaches can learn more about concussion at:

[cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)

