



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

### *Keep Your Head in the Game*

*Prevalence of Self-Reported Concussions from Playing a Sport or Being Physically Active among High School Students — United States, 2017*  
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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

In 2017, approximately one in six high school students reported a sports- or physical activity-related concussion. Immediate symptoms of a concussion include headache, nausea, and double vision. Long term, the effects of such injuries, particularly those that are more severe, can be life-changing.

Healthcare providers, coaches, trainers, and parents should be aware of the symptoms of a concussion and how to treat them. A concussion protocol should be developed that includes withholding an athlete from practice and competition until all symptoms are resolved. While concussions cannot always be prevented, they *can* be treated in a way that decreases the chances of long-term health problems.

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

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