[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 or call 1-800-CDC-INFO.