

NFL and CDC unveil poster to educate young athletes about concussions



A poster created by the NFL and the Centers for Disease Control and Prevention (CDC) to educate young athletes on concussions has been released and is now available through the CDC (*details below*).

[The poster](#), which is similar to one developed for use in NFL locker rooms, stresses the importance of recognizing a concussion, taking time to recover, and not returning to play too soon.

“We ask every school to hang this poster in every locker room across the country,” said NFL Commissioner Roger Goodell. “We are changing the culture of the NFL with regard to concussions. We also recognize that the risks of concussions go beyond the professional ranks and beyond football – and so does the NFL’s dedication to make sports safer. We will share our medical expertise broadly to the benefit of youth coaches and all young athletes.”

The poster provides concussion facts, tips on recognizing concussion symptoms and explains the importance of reporting those symptoms.

“Participation in sports is a great way for kids and teens to be active. However young athletes, and especially their parents, need to know about concussions and the danger they pose,” said Dr. Ileana Arias, CDC’s Principal Deputy Director. “We commend the NFL on its commitment and look forward to partnering with them to help prevent injuries among young athletes.”

The question **“What Should I Do if I Think I Have a Concussion?”** is posed on the poster, which highlights the following actions to be taken:

- Don’t Hide It, Report It
- Get Checked Out
- Take Care of Your Brain

Organizations providing input in designing the poster included the NFL Players Association, the Professional Football Athletic Trainers Society, the NFL Physicians Society, and 14 national governing bodies of sports.

- USA Football
- US Lacrosse
- USA Rugby
- USA Baseball
- USA Basketball
- USA Field Hockey
- USA Hockey
- USA Softball
- USA Volleyball
- USA Diving
- USA Roller Sports
- USA Cycling
- US Ski and Snowboard Association
- USA Skateboarding

To order the FREE poster and to learn how you can get involved to help keep kids and teens safe from concussion, visit www.cdc.gov/Concussion or contact CDC by email (CDC-INFO@cdc.gov) or toll-free at 1-800-CDC-INFO (1-800-232-4636).

Follow us on Facebook: www.facebook.com/cdcheadsup. See the full press release on the new NFL/CDC poster: <http://nflabor.com/2010/10/11/nfl-and-cdc-today-unveil-poster-to-educate-youngs-athletes-about-concussions/>.