



Town of Westport Parks & Recreation



HEADS UP WESTPORT

Did you know...

- *An estimated 1.6 to 3.8 million sports and recreation-related concussions happen each year
- *15% of sports related injuries are from concussions
- *All Westport volunteer coaches must complete mandatory concussion training prior to receiving field permits: cdc.gov/headsup

Myth	FACT
You have to be knocked out to suffer a concussion.	95% of concussions are not associated with loss of consciousness.
A concussion only results from a blow to the head.	A concussion may be caused by a direct blow to the head, face, neck, or elsewhere on the body if the force is transmitted to the head.
The signs and symptoms of a concussion are always apparent immediately after injury.	Sometimes symptoms are not seen until several hours, days, or even weeks later.

Concussions are a serious brain injury.

For general information on concussions and how to prevent them, please visit:

www.cdc.gov/headsup

www.westportrecreation.com