

Concussion

What is a Concussion?

According to the [Centers for Disease Control](#) (CDC), a concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth.

Heads Up on Concussion

CDC has created two free online courses - one for [health care professionals](#) and another for [youth and high school sports coaches](#), parents, athletes - which provide important information on preventing, recognizing, and responding to a concussion.

To learn more or complete the training, please visit the CDC's website on [concussions](#).

Fact Sheets

- [Fact Sheet for Athletes](#)
- [Fact Sheet for Coaches](#)
- [Fact Sheet for Parents](#)