

# BLOW THE WHISTLE ON CONCUSSIONS

## TAKE A CONCUSSION QUIZ

**CONCUSSION**, starring Will Smith, is based on the exciting true story of Dr. Bennet Omalu, whose discovery of a football-related brain disease put him at odds with one of the most powerful institutions in the world.

How much do you know about concussions in student athletics? Take this quiz to find out. Check your answers below.

1. A good helmet is designed to protect you from concussions.	True	False
2. You haven't had a concussion unless you've blacked out.	True	False
3. You should always see a physician or other health care professional if you think you've had a concussion.	True	False
4. Athletes who have a concussion usually sit out for only one week.	True	False
5. Teens recover more quickly from a concussion than adults.	True	False



Ask your parents to download the CDC HEADS UP concussion safety app and other materials to learn the facts about concussions at [cdc.gov/HEADSUP](http://cdc.gov/HEADSUP).



1-False: Helmets are designed to help protect athletes from the most serious types of brain and head injuries, such as skull fractures. They are not designed to prevent concussions and there is no concussion-proof helmet. That's why, even with a helmet, it is important for athletes to avoid hits to the head. 2-False: Most concussions occur without loss of consciousness, and while most symptoms show up right away, in some cases symptoms might not be noticed for hours or days. 3-True: All concussions are serious; if you have any symptoms of concussion, you should be examined by a physician or other health care professional who is experienced in evaluating for concussion. 4-False: There is no set timeframe for recovery from concussion. Returning to play is a gradual process that happens over days and weeks and with help from a physician or other health care professional. 5-False: Young children and teens take longer to recover from a concussion than adults.

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Challenge your friends to top your dance #ForThePlayers.

DR



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## WITNESS THE POWER OF TRUTH

See **CONCUSSION** with Your Teammates When it Opens in Theaters on December 25



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