



"Your Local  
Health Department"

**NEWS RELEASE**  
**August 28, 2017**

## **Branch - Hillsdale - St. Joseph Community Health Agency**

---

570 N. Marshall Road  
Coldwater, MI 49036  
(517) 279-9561  
Fax (517) 278-2923

20 Care Drive  
Hillsdale, MI 49242  
(517) 437-7395  
Fax (517) 437-0166

1110 Hill Street  
Three Rivers, MI 49093  
(269) 273-2161  
Fax (269) 273-2452

[www.bhsj.org](http://www.bhsj.org)

**Rebecca Burns, Health Officer**  
**517-279-9561 ext. 0148#**

**Nana Amaniampong, Health Promotion and  
Education Coordinator**  
**517-279-9561 ext. 0144#**

**FOR IMMEDIATE RELEASE**

### **Rocket Blades: THE BRAIN SAFETY GAME**

Concussion affects thousands of children each year and a lack of awareness can put children at risk for serious injury. With fall sports starting, it is important coaches and players are educated on concussion prevention and detection. A concussion is a type of traumatic injury that results from a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement causes the brain to bounce or twist around in the skull thus creating chemical changes in the brain and sometimes damages brain cells. According to the Centers for Disease Control and Prevention (CDC), an estimated 3 million concussions are reported every year. Brain injuries can be far more serious than a broken bone because there is nothing you can see. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. Signs and symptoms to look for include:

- Loss of consciousness
- Moves clumsily
- Forgetting instructions
- Blurry vision

- Headache or pressure in the head
- Nausea or confusion

The CDC developed a mobile game called Rocket Blades to teach children ages 6 to 8 about concussion safety in a kid-friendly way and also helps parents start a conversation with their children about playing safe and smart. In the game, the goal is to keep players safe by avoiding obstacles that could lead to a concussion and make smart choices about resting players who have a concussion. Also in the game, when players are injured, the game simulates concussion symptoms making the screen blurry and play more challenging. When the players are injured in the game, kids are prompted to tell an adult and swap injured players out for a healthy teammate. At the end of each level, a doctor will check out all the injured players to make sure their brains are rested, re-charged and healthy to continue the race.

You can download the app from the iTunes App store free of charge for their iPhone, iPod touch and iPad. For additional information about concussion safety, visit [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP), [www.facebook.com/CDCHEADSUP](http://www.facebook.com/CDCHEADSUP) and Twitter @CDCINJURY. To learn more about services provided by the Branch-Hillsdale-St. Joseph Community Health Agency “Your Local Health Department”, visit our website at [www.bhsj.org](http://www.bhsj.org) and like our Facebook page at [www.facebook.com/BHSJWIC/](http://www.facebook.com/BHSJWIC/).