

CONCUSSION/HEAD INJURY FACT SHEET

WHAT IS A CONCUSSION?

A concussion is a **brain injury**. Concussions are caused by a bump or blow to the head. Even a “ding”, “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious. You cannot see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear to be noticed until days or weeks after the injury. If your child reports any symptoms of a concussion or if you notice any symptoms yourself, seek medical attention right away.

WHAT ARE THE SYMPTOMS REPORTED BY ATHLETES?

- ✓ Headache or “pressure” in head
- ✓ Nausea or vomiting
- ✓ Balance problems or dizziness
- ✓ Sensitivity to light
- ✓ Sensitivity to noise
- ✓ Feeling sluggish, hazy, foggy or groggy
- ✓ Concentration or memory problems
- ✓ Confusion
- ✓ Does not “feel right”

WHAT ARE THE SIGNS OBSERVED BY PARENTS/GUARDIANS?

- ✓ Appears dazed or stunned
- ✓ Is confused about assignment or position
- ✓ Forgets an instruction
- ✓ Is unsure of game, score or opponent
- ✓ Moves clumsily
- ✓ Answers questions slowly
- ✓ Loses consciousness (even briefly)
- ✓ Shows behavior or personality changes
- ✓ Cannot recall events prior to hit or fall
- ✓ Cannot recall events after hit or fall

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

- ✓ Follow the Coach’s rules for safety and the rules of the sport
- ✓ Use the proper equipment and technique at all times
- ✓ Learn the signs and symptoms of a concussion.

FOR MORE INFORMATION VISIT:

www.cdc.gov/TraumaticBrainInjury

www.oata.net

www.ossaa.com

www.nfhslearn.com

IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON!