Concussion/Head injury fact sheet

• What is a concussion
  ○ A brain injury
  ○ Caused by bump or blow to the head
  ○ Can change the way your brain works
  ○ Can occur during practice or games of any sport
  ○ Can happen even if you are not knocked out
  ○ Can be serious even if you have just been “dinged”

• What are symptoms of a concussion
  ○ Headache or “pressure” in the 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 should I do if I think I have a concussion
  ○ Tell your coach, parent or guardian
  ○ Get a medical checkup
  ○ Give yourself time to get better
• How can I prevent a concussion
  ○ Follow your coach’s rules for safety and rules of the sport
  ○ Practice good sportsmanship
  ○ Use proper equipment, and use the equipment properly

• For more information visit
  ○ www.cdc.gov/TraumaticBraininjury
  ○ www.oata.net
  ○ www.ossaa.com
  ○ www.nfhslearn.com