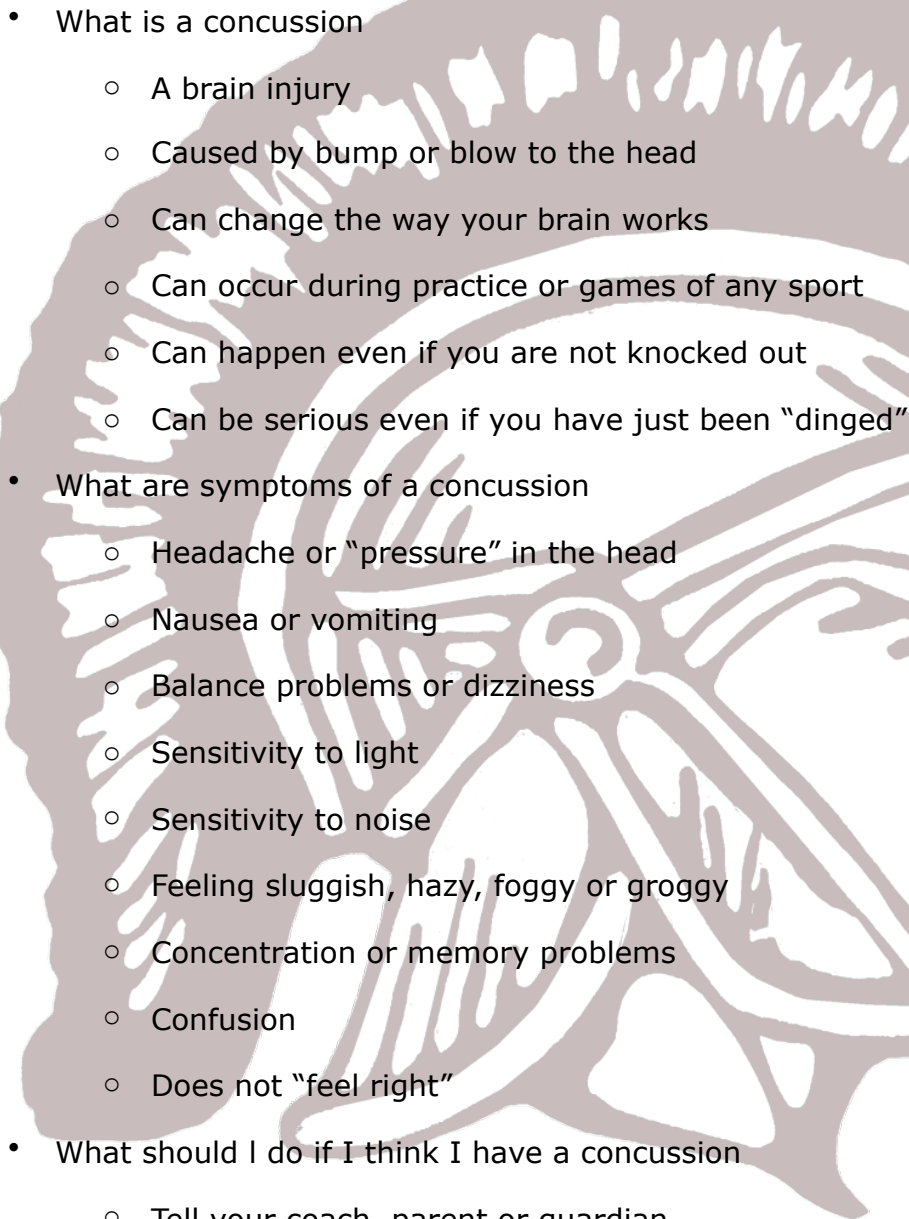


NOWATA HIGH SCHOOL

707 West Osage
Nowata, Ok 74048
Principal, Bron Williams (918)273-2221

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

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- 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

