

## INJURY PREVENTION EDUCATION

# Concussion Fact Sheet

*A concussion is a traumatic brain injury that changes the way the brain works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump to the head can be serious.*

### Signs and Symptoms of a Concussion...

- ...can show up right after the injury occurs or may not be noticed until days or weeks later.
- ...may appear different from the coach/parent or athlete's viewpoint. See table below.

Signs Observed by Coaching Staff or Parent	Symptoms Reported by Athletes
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events <b>prior</b> to hit or fall	Confusion
Can't recall events <b>after</b> hit or fall	Just not “feeling right” or “feeling down”

### Seek Immediate Medical Attention if Your Athlete Displays the Following

- One pupil larger than the other;
- Is drowsy or cannot be awakened;
- A headache that worsens;
- Weakness, numbness or decreased coordination;
- Repeated nausea and/or vomiting;
- Slurred speech;
- Convulsions or seizures;
- Cannot recognize people or places;
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior; or
- Loses consciousness (even a brief loss of consciousness should be taken seriously).

### Remember

- Concussions can affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days or even weeks. A more serious concussion can last for months or longer.
- Athletes who have had a concussion are at increased risk for another concussion.
- Children and teens are more likely to get a concussion and take longer to recover than adults.

**It's better to miss one game than the whole season.**