PARENT/ATHLETE CONCUSSION
Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally 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 or blow to the head can be serious.

Did You Know?

- *Most concussions occur without loss of consciousness*
- *Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.*
- *Young children and teens are more likely to get a concussion and take longer to recover then adults.*

What are the signs and symptoms of concussions?
Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports ***one or more*** symptoms of concussion listed below after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care professional experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	**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 prior to hit or fall	☐Confusion
☐Can't recall events after hit or fall	☐Just not "feeling right" or "feeling down

Remember
Concussions 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.

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, jolt to the head or body s/he exhibits any of the following danger signs:

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

Why should an Athlete report their symptoms?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

What should you do if you think your Athlete has a Concussion?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says she is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is gradual process that should be carefully managed and monitored by a health care professional.

It's better to miss one game than the whole season. For more information on concussions, visit: **www.cdc.gov/concussion**

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Student-Athlete Name Printed	Student-Athlete Signature	Date
_____	_____	_____
Parent or Legal Guardian Printed	Parent or Legal Guardian Signature	Date