

# CONCUSSION 101

## WITH MORE ATTENTION BEING PAID TO CONCUSSIONS,

they're no longer being thought of as simple "bumps on the head" or "bell-ringers." Help keep young students / athletes protected by better understanding the symptoms, treatment and prevention of concussions.

A concussion is defined as a "trauma-induced alteration in mental status that may or may not involve loss of consciousness."

This can be caused by a bump, blow or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth.

Concussion signs and symptoms can appear immediately or not be noticed until days or even weeks after the injury.

## YOU HAVE A CONCUSSION- NOW WHAT?

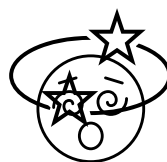
**Report symptoms:** Tell a coach, parent, or athletic trainer if you suspect a concussion.

**Get checked out:** Only a health care professional experienced with concussion management can tell if a concussion has occurred and when its OK to return to play.

**Get plenty of rest:** Immediately after the concussion is sustained, mental and physical rest is recommended. This includes keeping a regular sleep routine and avoiding activities that require a lot of concentration.

**Take it slow at first:** After the doctor or athletic trainer gives the OK to return to activities, a student / athlete should not jump in all at once. The athletic trainer will work with the student / athlete to develop a safe plan for progressively returning to school and then play.

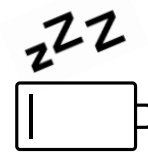
**Address concerns:** If there are concerns, don't hesitate to bring them up with the athletic trainer, nurse, or your doctor.



dizziness



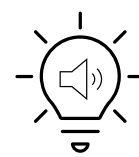
headache



low energy



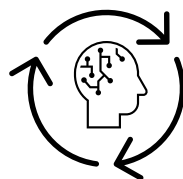
more emotional



light & sound sensitive



difficulty concentrating & focus



difficulty remembering



vision disturbances



nauseousness



## CONCUSSION HOME CARE INFORMATION

If there is suspicion of a concussion, (a mild traumatic brain injury) or you have been diagnosed with a concussion you do not need to be immediately seen for evaluation by a doctor. You should monitor the way you are feeling (symptoms) over the next 24-48 hours for any significant changes and follow up immediately with your athletic trainer. It is important to realize that every concussion is unique and the timeframe for complete recovery cannot be determined at the time of the initial injury. While you should never hesitate to seek emergency care should you feel the need, you are encouraged to try the interventions described below before calling an ambulance or visiting the emergency department.

However, if these signs or symptoms develop, seek emergency medical attention immediately:

### DANGER SIGNS / SYMPTOMS

- vomiting
- slurred speech
- increased irritability
- stumbling, loss of balance & coordination
- seizure
- face / eyelid drooping
- dilated or unequal pupils
- decreased level of consciousness or alertness
- severe headache
- unnormal blurry vision
- increased neck pain over spine
- numbness / tingling into arms or legs, especially on one side

#### It is OK to:

- use Tylenol (acetaminophen) / paracetamol
- use ice / heat on neck for relief
- rest and go to sleep
- maintain normal nutritional habits, meals, and drink plenty of water

#### There is NO NEED to:

- check eyes with a light
- wake up every hour
- stay in bed
- be seen by doctor, unless symptoms drastically worsen or danger signs develop (see above)

#### DO NOT:

- exercise or increase your heart rate
- texting / playing video games / screen time
- operate a scooter, car, or bicycle
- use NSAID medications, (naproxen, ibuprofen, Aspirin)
- worry about academics, studying, and/or homework / tests until cleared. Your teachers will be notified and student will be excused from assessments until further notice.
- drink alcohol

# 腦震盪 101

提升對腦震盪的理解和關注，腦震盪不再被視為單純的「頭部撞擊」或「衝撞」。通過對腦震盪的症狀、處置和預防有更多的理解，讓我們能夠給予學生和運動員更完備的守護。

腦震盪被定義為「由創傷所引起的精神狀態改變，可能會，也可能不會，導致意識喪失」。

可能經由頭部的撞擊、創傷或震動所導致。也可能經由身體任何部位受到外力的衝擊，引發頭部和腦部前後快速移動所導致。

腦震盪的跡象和症狀可能在受傷後立即出現，也可能在受傷數天或數周後才被人注意到。

## 出現了腦震盪 — 現在怎麼辦？

### 報告症狀：

如果你覺得有腦震盪的可能性，請馬上通知教練、家長或運動防護員(athletic trainer)

### 接受檢查：

只有具備腦震盪專業診斷經驗的衛生保健專業人員才能做出明確的診斷，以及決定傷者能否上場繼續運動。

### 充分休息：

出現腦震盪後，專業的建議是立即給予身體和心裡充分的休息。其中包括維持良好的睡眠習慣，避免需要高度集中注意力的活動。

### 先慢慢來：

當醫生或運動防護員同意可以恢復運動後，無論是學生或運動員都不應該立即回復到以前正常的運動強度。運動防護員會與運動員一起制定一個安全計畫，逐步恢復日常運動。

### 解決問題：

如有疑問，請不要遲疑，儘快向運動防護員、護士或你的醫生等提出你的問題。



眩暈或不平衡



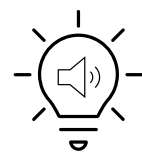
頭痛



疲累，沒有精神



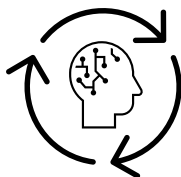
情緒不穩定，  
起伏較大



對光或噪音  
非常敏感



注意力不集中



記憶力變差



視力障礙



噁心



## 腦震盪的居家照護休養

如果你懷疑你可能有腦震盪（輕度創傷性的腦部損傷）或已經被診斷出患有腦震盪，你不需要立刻就醫進行評估。你應該密切監控在接下來的 24-48 小時內的感受和症狀是否有任何重大的變化。如果有的話，必須立即與你的運動防護員(athletic trainer) 聯繫。最重要的是，要了解每個腦震盪的個案都是截然不同的。從症狀開始出現到康復所需的恢復時間也完全不同，不能概括。

如果覺得有必要接受專業的緊急護理，請不要猶豫遲疑。在呼叫救護車或前往急診室之前，我們也鼓勵你嘗試採取下列的處理。

但是，如果出現這些了危險信號或症狀，請立刻就醫：

### 危險信號和症狀

- 嘔吐
- 口齒不清
- 易怒
- 平衡和協調出現問題，經常跌倒
- 癲癇發作
- 顏面 / 眼皮下垂
- 瞳孔放大或縮小，瞳孔變形
- 反應遲緩或警覺性降低
- 劇烈的頭痛
- 視力異常模糊
- 頸椎疼痛加劇
- 手腳無力或發麻，特別是單邊

### 可以採用的做法：

- 服用泰諾 Tylenol (acetaminophen) / paracetamol
- 在頸部用冰敷或熱敷來緩解疼痛
- 休息和睡眠
- 維持正常的營養攝取和膳食習慣、增加水份的攝取

### 不需要

- 用光檢查眼睛
- 每個小時醒來一次
- 長時間臥床
- 看診就醫，除非症狀快速嚴重惡化或出現上述的危險信號

### 絕對不可以

- 運動鍛煉或增加心跳率
- 用手機發短信、玩電腦遊戲、花時間盯著電腦或手機螢幕
- 開車、騎自行車、或騎摩托車
- 服用非類固醇消炎止痛藥（Non-Steroidal Anti-Inflammatory Drug，縮寫：NSAID，例如萘普生 naproxen, 布洛芬 ibuprofen, 阿斯匹靈 Aspirin
- 在恢復期間擔心你的學業、學習和/或功課/考試。你的老師會收到通知，把你的任務或考試延後到你完全康復為止。
- 飲用含酒精的飲料