



HEADS*UP CONCUSSION

A FACT SHEET FOR **PARENTS**

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms below, or if you notice the signs yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS?

Problems could arise over the first 24-48 hours. Watch for any of the following signs or symptoms of a concussion. Monitoring for deterioration is essential over this time period after injury.

- **Signs Observed by Parents/Guardians or Coaches**

Appears dazed or stunned	Answers questions slowly
Is confused about a play or position	Loses consciousness (even briefly)
Forgets instructions	Show behavior or personality changes
Is unsure of game, score, or opponent	Can't recall events prior to hit or fall
Moves clumsily	Can't recall events after hit or fall

- **Symptoms Reported by Athlete**

Headache or "pressure " in the head	Feeling sluggish, hazy, foggy or groggy
Nausea or vomiting	Concentration or memory problems
Balance problems or dizziness	Confusion
Double or blurry vision	Does not "feel right"
Sensitivity to light and/or noise	

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. Tell your athlete's coach and/or athletic trainer
2. Seek medical attention from a health care provider who is trained in the treatment of concussions.

IF IN DOUBT, SIT OUT.