



## Concussion/Head Injury Fact Sheet for Student Athletes & Parents

### WHAT IS A CONCUSSION?

- A concussion is a brain injury
  - It can be caused by either a direct or indirect blow to the head, or via a whiplash effect to the head
  - It can change the way your brain normally works
  - It can occur during practice or games in any sport
  - It can happen even if you have not been knocked out
  - It is a serious medical condition, not a “ding”
- ### WHAT ARE THE 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
  - Feeling “not right”

### WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- Tell your Athletic Trainer, coaches, or parents. Never ignore a bump or blow to the head even if you feel fine. Tell your coach, also, if one of your teammates may have a concussion.
- Get a medical checkup. An Athletic Trainer or doctor (MD or DO) can tell you if you have a concussion and when you are OK to return to play.
- Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to suffer a second concussion. Additional concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

### HOW CAN I PREVENT A CONCUSSION?

- Follow the district’s rules for safety and the rules of the sport
- Practice good sportsmanship.
- Use the proper equipment, including personal protective equipment, such as helmets, padding, shin guards and eye and mouth guards. **IN ORDER FOR EQUIPMENT TO PROTECT YOU,** it must be the right equipment for the game, position, and activity. It must be worn correctly and used every time you play.

### FOR MORE INFORMATION VISIT:

- [www.cdc.gov/TraumaticBraininjury/](http://www.cdc.gov/TraumaticBraininjury/)
- [www.oata.net](http://www.oata.net)
- [www.ossaa.com](http://www.ossaa.com)
- [www.nfhslearn.com](http://www.nfhslearn.com)

**IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON!**