



Sweet Home Central School District Head Injury Information

What is a Head Injury?

A **Head Injury** is an injury to the brain caused by a direct or an indirect blow to the head.

- It results in your brain not working, as it should.
- It may or may not cause you to lose consciousness.
- It can happen from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

How do I know if I have (my child) has a Head Injury?

There are many signs and symptoms that a student-athlete may have following a Head Injury. A Head Injury can affect your thinking, the way your body feels, your mood, or your sleep.

Here is what to look for:

Thinking/Remembering	Physical	Emotions/Mood	Sleep
<ul style="list-style-type: none">• Confusion• Unable to quickly answer simple questions• Concentration or focusing problems	<ul style="list-style-type: none">• Headache• Balance difficulties• Dizziness• Vomiting/Nausea• Sensitivity to light and/or sound	<ul style="list-style-type: none">• Irritability• Sadness• Changes in personality or uncharacteristic actions	<ul style="list-style-type: none">• Sleeping more or less than usual

If a student-athlete has any of these signs/symptoms listed above, you should tell your coach, certified athletic trainer, school nurse, or Health Care Provider so they can get you the help you need.

**If at any time, head injury symptoms worsen,
contact your Health Care Provider.
You should not have any symptoms at rest
or during/after activity when you return to play,
as this is a sign that your brain has not recovered from the injury.**