

Concussion Awareness

As spring approaches, the weather gets warmer and children become more active outdoors. Please take some time to review the information below about concussions.

- A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a bump, blow, or jolt to the head or body.
- Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious
- A concussion can happen even if you haven’t been knocked out.
- 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
(WWW.CDC.GOV/CONCUSSION)

**ALL CONCUSSIONS ARE SERIOUS. IF YOU THINK YOU HAVE A CONCUSSION:
DON'T HIDE IT. REPORT IT. TAKE TIME TO RECOVER.**

WHY SHOULD I REPORT MY SYMPTOMS?

- Unlike with some other injuries, playing or practicing with concussion symptoms is dangerous and can lead to a longer recovery and a delay in your return to play.
- While your brain is still healing, you are much more likely to have another concussion.
- A repeat concussion in a young athlete can result in permanent damage to your brain. They can even be fatal. (WWW.CDC.GOV/CONCUSSION)

For more information on Concussions please click on the website below.

http://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_fact_sheet_for_parents.pdf

http://www.cdc.gov/headsup/pdfs/highschoolsports/middleschool_athletes_fact_sheet-a.pdf

If your child suffers a head injury please follow up with your primary care provider and bring in the necessary concussion activity restrictions and academic accommodations forms to the school attendance office.

Please contact your school nurse if you have any questions or concerns regarding head injuries and concussions.