



# CONCUSSION

## Facts & Information Sheet



### What is a CONCUSSION?

A concussion is a type of traumatic brain injury – or TBI – 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. This fast movement can cause the brain to bounce around and twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

### SIGNS AND SYMPTOMS

#### SIGNS OBSERVED BY PARENTS, GUARDIANS, OR COACHES

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, personality changes
- Cannot recall events prior to or after hit or fall

#### SYMPTOMS REPORTED BY CHILDREN OR TEENS

- Headache
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

### WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Do not let your child return to play until a health care professional provides clearance. Children who return to play too soon risk a greater chance of having a second concussion. Second or later concussions may cause permanent brain damage, affecting your child for a lifetime.
3. **Tell your child’s coach about any recent concussion.** Coaches should be made aware of any recent concussion your child sustained.

*It's better to miss one game than the whole season.*

