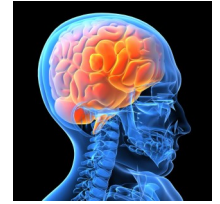




CONCUSSION

IMPORTANT INFORMATION FOR
ATHLETES, PARENTS, AND COACHES



WHAT IS A CONCUSSION?

A brain injury caused by a bump/blow to the HEAD or BODY that affects how your BRAIN FUNCTIONS.

WHAT ARE THE SYMPTOMS?

MAY NOT OCCUR FOR 24-72 HOURS AFTER INITIAL INJURY

- Headache
- Confusion
- Difficulty Remembering
- Dizziness or Balance Problems
- Feeling Sluggish/Hazy
- Feeling Irritable
- Nausea or Vomiting
- Sensitivity to Light or Noise
- Double or Blurry Vision
- Slowed Reaction Time
- Sleep Problems
- Loss of Consciousness

FACTS

Loss of consciousness only occurs in 5% of concussions.

Not only physical, but mental activity such as school, reading, watching TV or playing video games may lead to a longer recovery and a delay in your return-to-play.

PREVENTION

Practice good technique and follow the rules for safety in your sport. Be sure to wear the proper protective equipment and all equipment should be well maintained, fitted properly, and worn correctly at all times. Education is crucial to prevention, so ask questions and always seek medical attention if you are unsure.

RECOVERY

New guidelines mandate the use of a gradual return-to-play protocol once an athlete is symptom-free for 24 hours. These steps are supervised and slowly integrate the athlete back to full physical workload and contact. It is also recommended that each athlete becomes acclimated to an entire day of school, without symptoms, before the return-to-play protocol begins.

DON'T HIDE IT, REPORT IT – GET CHECKED OUT – TAKE CARE OF YOUR BRAIN