



A Fact Sheet for ATHLETES

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- · Is caused by a bump or blow to the head
- · Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- * Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- · Headache or "pressure" in head
- · Nausea or vomiting
- · Balance problems or dizziness
- . Double or blurry vision
- · Bothered by light
- · Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- . Difficulty paying attention
- Memory problems
- Confusion
- · Does not "feel right"

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

• Tell your coaches and your parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

- **Get a medical check up.** A doctor or health care professional 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 have a second concussion. Second or later 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?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- · Practice good sportsmanship at all times.
- * Use the proper sports 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, or activity
- > Worn correctly and fit well
- > Used every time you play

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