

## CONCUSSION/HEAD INJURY FACT SHEET STUDENT-ATHLETE

### WHAT IS A CONCUSSION?

A concussion is a brain injury

Is caused by a bump or blow to the head

Can change the way your brain normally works

Can occur during practice or games in any sport

Can happen even if you have not been knocked out

Can be serious even if you have just been “dinged”

### WHAT ARE THE SYMPTOMS OF A CONCUSSION?

Headache or “pressure” in head

Nausea or vomiting

Balance problems or dizziness

Sensitivity to light

Sensitivity to noise

Feeling sluggish, hazy, foggy or groggy

Concentration or memory problems

Confusion

Does not “feel right”

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

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

Get a medical checkup. 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. Additional 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?

Follow your coach's rules for safety and the rules of the sport.

Practice good sportsmanship.

Use the proper 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 and activity; it must be worn correctly and used every time you play.)

FOR MORE INFORMATION VISIT:

[www.cdc.gov/TraumaticBraininjury/](http://www.cdc.gov/TraumaticBraininjury/)

[www.oata.net](http://www.oata.net)

[www.ossaa.com](http://www.ossaa.com)

[www.nfhslearn.com](http://www.nfhslearn.com)

## **IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON!**

### **CONCUSSION/HEAD INJURY FACT SHEET PARENTS/GUARDIANS**

#### WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding", "getting your bell rung" or what seems to be a mild bump or blow to the head can be serious. You cannot see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear to be noticed until days or weeks after the injury. If your child reports any symptoms of a concussion or if you notice any symptoms yourself, seek medical attention right away.

#### WHAT ARE THE SYMPTOMS REPORTED BY ATHLETES?

Headache or "pressure" in head

Nausea or vomiting

Balance problems or dizziness

Sensitivity to light

Sensitivity to noise

Feeling sluggish, hazy, foggy or groggy

Concentration or memory problems

Confusion

Does not "feel right"

#### WHAT ARE THE SIGNS OBSERVED BY PARENTS/GUARDIANS?

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

#### HOW CAN I HELP MY CHILD PREVENT A CONCUSSION?

Ensure they follow their coach's rules for safety and the rules of the sport.

Make sure they use the proper 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 and activity; it must be worn correctly and used every time you play.)

Learn the signs and symptoms of a concussion.

FOR MORE INFORMATION VISIT:

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