



CONCUSSION FACT SHEET FOR PARENTS

WHAT IS A CONCUSSION?

Concussions are a type of traumatic brain injury that changes the way the brain normally works. It is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump or blow to the head can be serious.

WHAT ARE SIGNS AND SYMPTOMS OF A CONCUSSION?

You can't see a concussion. Concussion signs and symptoms can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms listed below after a bump, blow, or jolt to the head or body, he/she should be kept out of play the entire day and until a health care professional, experienced in evaluating for concussion, verifies the athlete is symptom free and able to play.

Did you know???

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to heal than adults.

Symptoms Reported by Athlete	Signs Observed by Parents/Guardians
<ul style="list-style-type: none"> • Headache or head pressure • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitive or light or noise • Feels sluggish or foggy or groggy or confused • Concentration or memory problems • Confusion • Just not "feeling right" or "feeling down" 	<ul style="list-style-type: none"> • Athlete appears dazed or confused • Is confused about assignments • Forgets an instruction • Unsure of game, score or opponent • Moves clumsily • Answers questions slowly • Behavior or personality changes • Loses consciousness (even briefly) • Shows mood, behavior, or personality changes

WHAT ARE CONCUSSION DANGER SIGNS?

An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body they exhibit any of the following danger signs:

One pupil larger than the other	Drowsy or cannot be awakened	Headache not improving
Headache worsening	Weakness or numbness	Decreased coordination
Repeated vomiting or nausea	Slurred speech	Convulsions or seizures
Increasing confusion, restlessness	Agitation or unusual behavior	Loss of consciousness (even brief)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

Remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of injury and until health care professional, experienced in evaluation for concussion, verifies the athlete is symptom-free and is cleared to play sports.

Concussion Resources:

Brain Injury Assoc. of New York (www.bianys.org); CDC (www.cdc.gov/concussion); NYS Department of Health (http://www.health.ny.gov/prevention/injury_prevention/traumatic_brain_injury/risk.htm#student)