

Appendix H

Concussion Information Sheet

The following information is adapted from the Center for Disease Control and Prevention (CDC) website.
For additional information please visit www.cdc.gov/concussion





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 that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can potentially be serious. Most concussions occur without loss of consciousness. Recognition and proper response to concussions when they first occur can help prevent further injury or even death. Concussions can occur in *any* sport or recreation activity. So, all coaches, parents, and athletes should better understand and recognize concussion signs and symptoms and what to consider if a concussion occurs.

What are the Signs and Symptoms of Concussion?

Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one and may find that it takes longer to recover if they have another concussion.

Symptoms of concussion usually fall into four categories:

 Thinking/ Remembering	 Physical	 Emotional/ Mood	 Sleep
-Difficulty thinking clearly	-Headache -Fuzzy or blurry vision	-Irritability	-Sleeping more than usual
-Feeling slowed down	-Nausea or vomiting (early on) -Dizziness	-Sadness	-Sleep less than usual
-Difficulty concentrating	-Sensitivity to noise or light -Balance problems	-More emotional	-Trouble falling asleep
-Difficulty remembering new information	-Feeling tired, having no energy	-Nervousness or anxiety	

Some of these symptoms may appear right away, while others may not be noticed for days or months after the injury, or until the person starts resuming their everyday life and more demands are placed upon them. Sometimes, people do not recognize or admit that they are having problems. Others may not understand why they are having problems and what their problems really are, which can make them nervous and upset.

The signs and symptoms of a concussion can be difficult to sort out. Early on, problems may be missed by the person with the concussion, family members, or doctors. People may look fine even though they are acting or feeling differently.



How Can I Recognize a Possible Concussion in Sports?

To help recognize a concussion, you should watch for the following two things among athletes:

- A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head.
- AND
- Any change in the athlete's behavior, thinking, or physical functioning.

Athletes who experience *any* of the signs and symptoms listed below after a bump, blow, or jolt to the head or body should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says it's OK to return to play.

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
<ul style="list-style-type: none"> • 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 (<i>even briefly</i>) • Shows mood, behavior, or personality changes • Can't recall events <i>prior</i> to hit or fall • Can't recall events <i>after</i> hit or fall 	<ul style="list-style-type: none"> • Headache or "pressure" in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Does not "feel right" or is "feeling down"

Remember, you can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. Most people with a concussion will recover quickly and fully. But for some people, signs and symptoms of concussion can last for days, weeks, or longer.

What Should I do If a Concussion Occurs?

People with a suspected concussion should be seen by a health care professional or encouraged to contact a responsible health care provider. If you think you may have a concussion, contact your health care professional for further direction. If you think someone you know may have a concussion, encourage that person (or parent/guardian of a minor child) to contact a responsible health care professional.

What Should I do If a Concussion Occurs in Sports?

If you suspect that an athlete has a concussion, consider this 4-step action plan:

1. **Remove the athlete from play.**
2. **When on-site medical professionals are provided, have the athlete evaluated by an on-site health care professional. When on-site medical professionals are not provided, consider summoning emergency medical services.**
3. **Inform the athlete's parents or guardians about the possible concussion and give them the information sheet on concussion.**
4. **Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says it's OK to return to play.**

Where Can I Find Additional Information on Concussions?

To get updated information, educational materials, videos, podcasts, and other media on concussions please visit the Center for Disease Control and Prevention (CDC) website at www.cdc.gov/concussion

