

CONCUSSION

Fact Sheet for Parents and Student Athletes

If you think you have a concussion: Don't hide it. Report it.

Take time to recover.

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

Facts:

- Type of Traumatic Brain Injury, (TBI)
- All concussions are serious
- Most concussions occur without loss of consciousness
- Can range from mild to severe
- Presents itself differently for each athlete
- Symptoms can present 0-72 hours after injury
- When in doubt, sit them out

Danger Signs:

- If one or more of these symptoms occur, dial 911 or go immediately to the Emergency Room
- One pupil larger than the other
 - Cannot be awakened
 - Worsening headache
 - Vomiting
 - Slurred speech
 - Convulsions or seizures
 - Increased confusion
 - Restlessness or agitation
 - Loses consciousness

For more information and safety

Resources visit: www.cdc.gov/concussion

Signs and Symptoms:

- Headache or "pressure"
- Dizziness
- Memory loss of events prior to following injury
- Ringing in ears
- Blurred or double vision
- Sleepiness
- Balance problems
- Mood or personality changes
- Nausea
- Confusion
- Don't "feel right"
- Difficulty with concentration
- Sensitivity to light or noise
- Loses consciousness
- Appears dazed or stunned
- Unsure of game, score, opponent or sports plays

Action Plan:

- Immediately remove athlete from play
- Athlete/parent/guardian should self-report signs and symptoms to athletic trainer and be evaluated by an appropriate health care professional prior to participating in practice/games.

Prevention:

- Do **NOT** initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head
- Practice good sportsmanship
- Practice and perfect the skills of the sport

Rest Recover:

- During the recovery process, athletes must maintain cognitive and physical rest
- A repeat concussion that occurs prior to the brain recovering first can slow recovery or increase the chances for long-term problems such as brain swelling, permanent damage, and rarely DEATH.

Return to Play:

- Light aerobic activity/walking/stationary bike
 - No resistance training
 - Sport specific training
 - No resistance training
 - NO contact practice
 - Resistance training ok
 - Full contact practice
 - Unrestricted return to competition
- You must complete each state symptom free BEFORE advancing**