

# Concussion fact sheet for Parents



## **What is a concussion?**

A concussion is a traumatic brain injury that affects brain function. An injury to the head, such as a hit or other trauma, can result in a concussion. Effects are often temporary but symptoms must be properly managed to encourage healing.

## **What are the symptoms of a concussion?**

Concussion symptoms may show up immediately or days after the injury. Concussions show up differently for each person. Your child may experience one or more of the following issues:

Physical	Mental	Emotional	Behavioral
Headache	Feeling in a fog	Irritability	Problems with sleep
Ringing in Ears	Confusion	Depression	Dazed appearance
Balance issues	Forgetfulness	Nervousness	Bothered by light
Nausea/ Vomiting	Trouble focusing	Increased emotions	Bothered by noise
Dizziness	Slow thought process-	Personality changes	Change in taste
Vision issues	feeling sluggish	Not feeling "right"	Change in smell
Fatigue			

## **Seek immediate medical attention for "red flags" symptoms**

*Symptoms that may be signs of a more serious injury can include neck pain, loss of consciousness, increased confusion, seizures, slurred speech, repeated vomiting, one pupil is larger than the other, or decreased coordination.*

## **What should I do if I think my child has a concussion?**

Stop playing immediately! Report your concerns to the coach or Athletic Trainer. The sooner an athlete is evaluated, the quicker healing can begin.

Call 911 if loss of consciousness or other red flag symptoms occur.

## **If my child has a concussion - how can I promote their healing?**

Allow your child plenty of time to rest so their brain can heal. Keep their environment quiet and dimly lit to reduce strain. Your child should limit activities that require concentration such as texting, video games, and computers if possible.

## **When can my child return to school?**

Your child should stay home from school if being in class makes symptoms worse. Work with your Athletic Trainer, school nurse, and teachers to modify schoolwork as needed.

## **When can my child return to physical activity and sports?**

Your child can resume light exercises 24 hours after being symptom-free. Return to sport and other moderate exercises will be facilitated by the team Athletic Trainer and Team Physician.

## **How can I support a child's emotional well-being during this time?**

Your child may be frustrated, sad, or even angry as they manage their concussion symptoms. They may feel isolated from their peers or feel they are letting their team down. Talk with your child about their feelings and reach out to a coach, Athletic Trainer, or other professionals if you have concerns!

**Healing is a gradual process. It requires TIME and REST!**

For more information: [www.cdc.gov/headsun](http://www.cdc.gov/headsun)