

CONCUSSION INFORMATION SHEET

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to very severe and disrupt the way that the brain normally functions.

Most concussions are mild and can be easily managed, but all concussions are potentially serious and may result in complications including brain damage and death if not recognized and managed properly. In other words, even a “ding” or bump on the head can be serious.

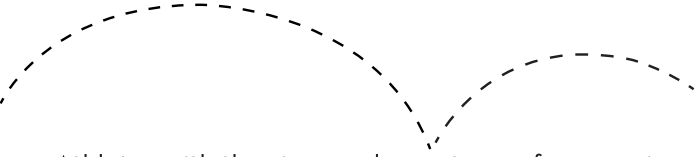
Signs and symptoms of concussion can show up right after the injury or can take hours to days to fully appear. If your child, student, or teammate reports any symptoms of concussion, or if you notice any of the symptoms or signs yourself, seek medical attention right away.

Symptoms May Include One or More of the Following:

Headaches	Amnesia
“Pressure in the Head”	“Don’t Feel Right”
Nausea or Vomiting	Fatigue or Low Energy
Balance Problems or Dizziness	Sadness
Blurred, Double, or Fuzzy Vision	Nervousness or Anxiety
Sensitivity to Light or Noise	Irritability
Feeling Sluggish or Slowed Down	More Emotional
Feeling Foggy or Groggy	Confusion
Drowsiness	Concentration or Memory Problems
Neck Pain	Repeating the Same Questions/Comments

Signs Observed by Teammates, Parents, and Coaches Include:

Appears Dazed	Slurred Speech
Vacant Facial Expression	Behavior or Personality Changes
Confused about Assignment	Cannot Recall Events Prior to Hit
Forgets Plays	Cannot Recall Events After the Hit
Unsure of Game, Score, or Opponent	Seizures or Convulsions
Moves Clumsily or Displays Poor Coordination	Loss of Consciousness
Answers Questions Slower than Usual	What can happen if my child keeps on playing with a concussion or returns too soon?



Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury.

There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences.

It is well known that adolescent or teenage athlete will often under report symptoms of injuries. Concussions are no different. As a result, the education of administrators, coaches, parents, and students is critical for student-athlete's safety.

If you think your child has suffered a concussion:

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without receiving medical clearance from a licensed health care provider. Close observation of the athlete should continue for several hours.

The Zackery Lystedt Law in Washington now requires the consistent and uniform implementation of long and well-established gradual return to play concussion guidelines that have been recommended for several years:

“A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time.”

And

“May not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion, and received written clearance from that health care provider.”
This should be done in a gradual step process.

You should also inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than miss the entire season.

“When in Doubt, the Athlete Sits Out”

For Current and up-to-date info on concussions you can go to:

www.cdc.gov/concussionInYouthSports/