

# 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](http://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**