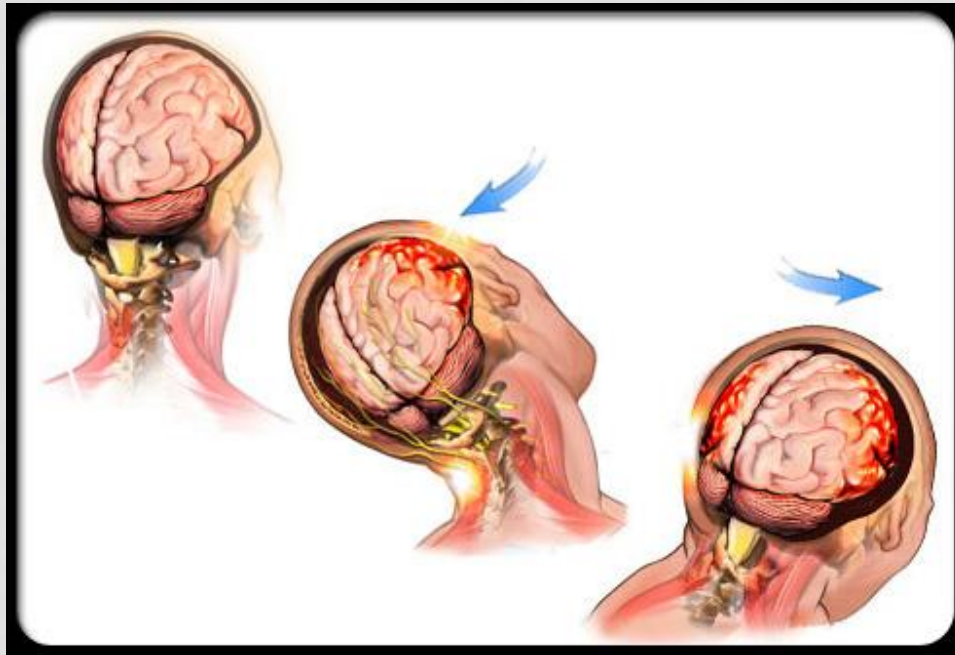
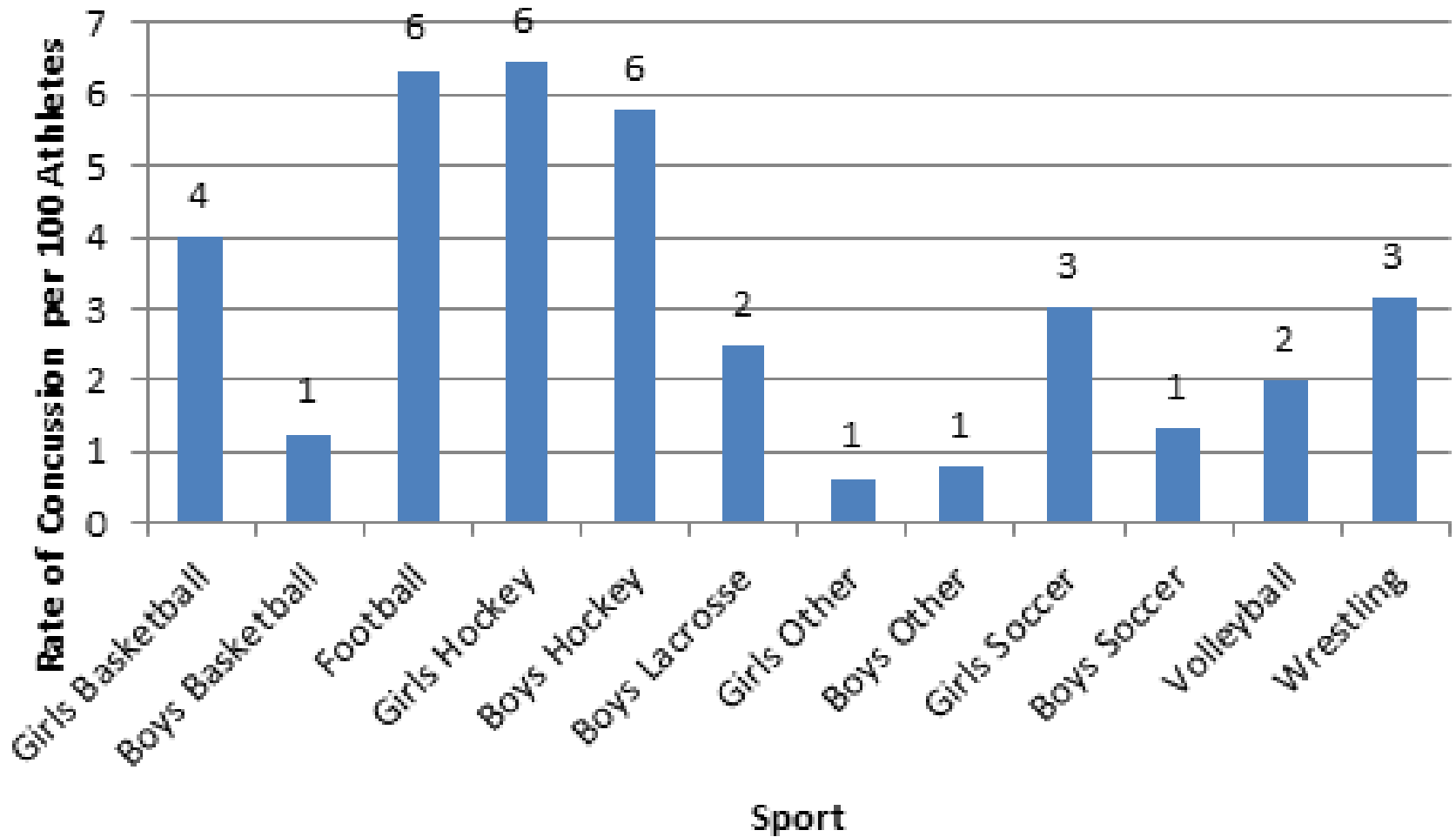


# Concussion Info

- Concussion is considered a milder form of a traumatic brain injury.
  - Can be severe: Long periods of unconsciousness, coma, or death.

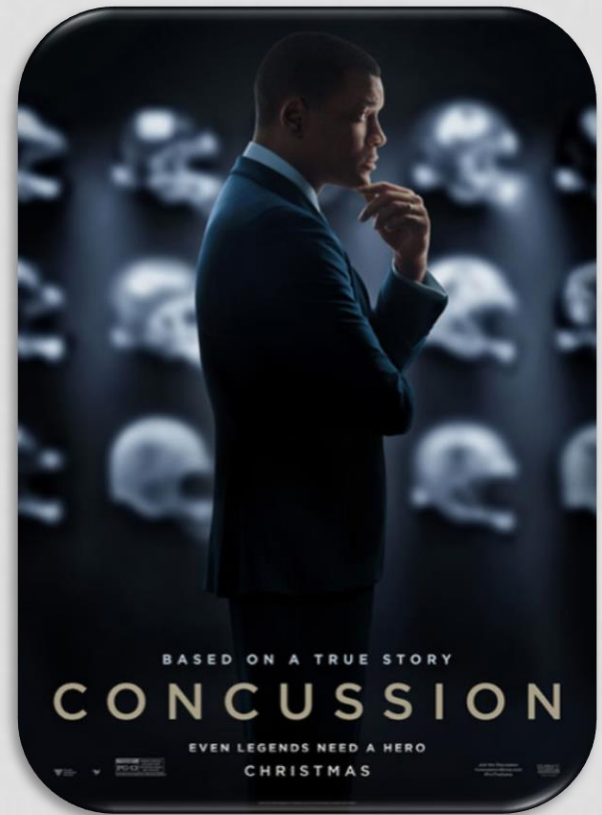


# CONCUSSION RATES



# WHAT IS CTE?

- **Chronic Traumatic Encephalopathy**
- The brain progressively starts to break down due to a protein that clumps and kills brain cells
- Long term memory problems, aggressiveness, depression, impulsivity, early onset dementia
- Caused by repeated subconcussive hits to the head
- Most research on NFL/collegiate



# CTE DAMAGE



## HOW CAN I TELL IF I HAVE A CONCUSSION?

You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:



..... **Get a headache**



..... **Feel dizzy, sluggish or foggy**



..... **Be bothered by light or noise**



..... **Have double or blurry vision**



..... **Vomit or feel sick to your stomach**



..... **Have trouble focusing or problems remembering**



..... **Feel more emotional or "down"**



..... **Feel confused**



..... **Have problems with sleep**

Concussion symptoms usually show up right away, but you might not notice that something "isn't right" for hours or days. A concussion feels different to each person, so it is important to tell your parents and doctor how you are feeling.

## HOW CAN I HELP MY TEAM?



### PROTECT YOUR BRAIN.

Avoid hits to the head and follow the rules for safe and fair play to lower your chances of getting a concussion. Ask your coaches for more tips.



**BE A TEAM PLAYER.** You play an important role as part of a team. Encourage your teammates to report their symptoms and help them feel comfortable taking the time they need to get better.



# WHAT IS A CONCUSSION?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

## WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?



**REPORT IT.** Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. It's up to you to report your symptoms. Your coach and team are relying on you. Plus, you won't play your best if you are not feeling well.



### **GIVE YOUR BRAIN TIME TO HEAL.**

A concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.

## WHY SHOULD I TELL MY COACH AND PARENT ABOUT MY SYMPTOMS?

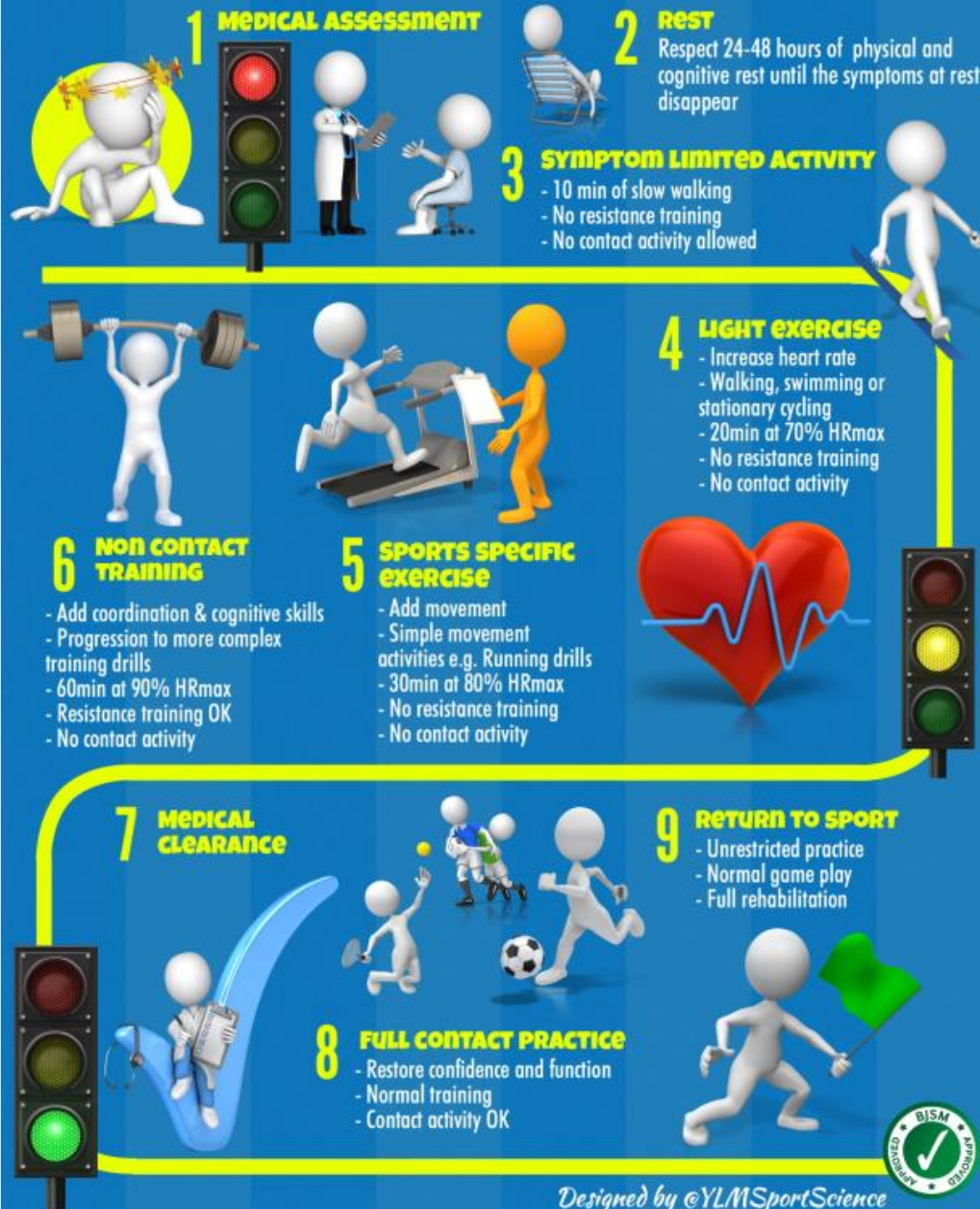
- Playing or practicing with a concussion is dangerous and can lead to a longer recovery.
- While your brain is still healing, you are much more likely to have another concussion. This can put you at risk for a more serious injury to your brain and can even be fatal.



# CONSENSUS STATEMENT ON CONCUSSION IN SPORT

Reference: by McCrory P. et al. BJSM 2017

## GRADUATED RETURN-TO-SPORT STRATEGY



## When can I return?

- There should be at least 24 hours (or longer) for each step of the progression.
- If any symptoms worsen during exercise, the athlete should go back to the previous step.