

What is a Concussion?

A concussion is a disturbance in brain function that occurs after:

- A blow to the head or
- A violent shaking of the head.

In order to prevent or limit serious injury to the brain, a concussion must be properly managed. If one is not familiar with the signs and symptom, a concussion may go untreated, resulting in further injury or even death.

Signs and Symptoms of Concussion

If you or someone else exhibits any of these signs, seek treatment from a qualified healthcare professional immediately:

- Prolonged headache
- Vision disturbances
- Dizziness
- Nausea or vomiting
- Impaired balance
- Confusion
- Memory loss
- Ringing ears
- Difficulty concentrating
- Sensitivity to light or noise
- Behavior or personality changes
- Loss of consciousness (even temporarily)

US Soccer offers an online training for concussions. It is highly recommended that you take the time to go through the course they offer.

www.ussoccer.com