

Concussion Information Sheet



A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding”, “getting your bell rung”, or what seems to be a mild bump to the head can be serious.

Did You Know?

- Most concussions occur *without* loss of consciousness.
- People who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

WHAT ARE THE SIGNS & SYMPTOMS OF CONCUSSION?

The signs and symptoms can show up right after the injury or may not appear or be noticed until days, weeks, or months after the injury.

If a person reports ***one or more*** of symptoms listed below, he/she should be kept out of play until a doctor says he/she is symptom-free and it’s OK to return to play.

SIGNS OBSERVED BY OTHERS	SYMPTOMS REPORTED BY INJURED PERSON
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets instruction	Balance problems or dizziness
Moves Clumsily	Double or blurry vision
Answers question slowly	Sensitivity to light
Loses Consciousness (<i>even briefly</i>)	Sensitivity to noise
Shows Mood, behavior, or personality changes	Feeling sluggish, hazy, foggy, down, or groggy
Can’t recall events <i>prior</i> to hit or fall	Concentration or memory problems
Can’t recall events <i>after</i> hit or fall	Confusion

DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. The injured person should receive medical attention ***IMMEDIATELY*** if he or she exhibits any of the following danger signs.

- One pupil is larger than the other
- Is drowsy or cannot be awakened
- A headache that grows worse instead of diminishing
- Weakness, numbness, or decrease coordination
- Repeated vomiting or nausea
- Slurred Speech
- Convulsions or Seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even briefly*)

In rare cases, repeat concussions can result in brain swelling or permanent damage to their brain and they can even be fatal.

Rest is key to helping a person recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause the concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a doctor.

For more information, visit: www.cdc.gov/Concussion.

Student Name PRINTED

Student Signature

Date

Parent/Guardian Name PRINTED

Parent/Guardian Signature

Date