

## Concussion/Head Injury Fact Sheet Parents/ Guardian and Student Athletes

What is a concussion?

A concussion is a brain injury. Concussions are caused by a, “bump”, “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious. You cannot see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear to be noticed until days or weeks after the injury.

What are the symptoms reported by athletes?

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

What are the signs observed by Parents/Guardians?

- Appears dazed and stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loss of consciousness
- Shows behavior or personality changes
- Cannot recall events prior to or after the hit or fall

How can I Help to prevent a concussion?

- Ensure your child follows the coach’s rules for safety
- Use proper equipment
- Learn the signs and symptoms

**IF YOU FEEL YOUR CHILD HAS BEEN INJURED CONSULT A PHYSICIAN  
AND ALERT YOUR HEAD COACH AND SCHOOL ADMINISTRATION**

