

## **CONCUSSION/HEAD INJURY FACT SHEET PARENTS/GUARDIANS**

### **WHAT IS A CONCUSSION?**

A CONCUSSION IS A BRAIN INJURY. Concussions are caused by a bump or blow to the head. Even a “ding”, “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 injury or may not appear to be noticed until days or weeks after the injury. If your child reports any symptoms of a concussion or if you notice any symptoms yourself, seek medical attention right away.

### **WHAT ARE THE SYMPTOMS?**

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

### **WHAT ARE THE SIGNS OBSERVED BY PARENTS/GUARDIANS?**

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

### **HOW CAN I HELP MY CHILD PREVENT A CONCUSSION?**

- Ensure they follow their coach’s rules for safety and the rules of the sport.
- Make sure they use the proper equipment, including personal protective equipment (such as helmets, padding, and eye and mouth guards. In order for equipment to protect your child, it must be the right equipment for the sports, position, and activity. It must be worn correctly every time your child plays. **THERE IS NO SUCH THING AS A CONCUSSION PROOF HELMET!!!**
- Learn the signs and symptoms of a concussion

For more information visit:

[www.cdc.gov/TraumaticBraininjury/](http://www.cdc.gov/TraumaticBraininjury/)

[www.oata.net](http://www.oata.net)

[www.ossaa.com](http://www.ossaa.com)

