

CONCUSSION / HEAD INJURY

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 can't see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If you have, or your child reports any symptoms of a concussion or if you notice the symptoms, seek medical attention right away.

What are the Signs and Symptoms of a Concussion?

Signs Observed

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets instructions
- Is unsure of known facts
- Moves clumsily
- Answers questions slowly
- Lost consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to or after event

Symptoms Reported by the Athlete

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

How can you help Prevent a Concussion? Every sport is different, but there are steps you can take to protect against a concussion.

- Ensure that Coaches' rules for safety and rules of the sport are followed.
- Make sure the proper equipment is worn, correctly fitted and maintained.
- Learn and be aware of the signs and symptoms of a concussion.

What should be done if you Suspect a Concussion?

- Seek medical attention immediately.
- Do not return to play until cleared by a licensed health care provider trained in concussion management.
- Tell the Coach and School-Licensed Athletic Trainer about any recent, or suspected, head injuries and/or concussions.

For additional information on Sudden Cardiac Arrest or Concussion/Head Injury please contact your school's licensed athletic trainer (high schools), or family health care provider.

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