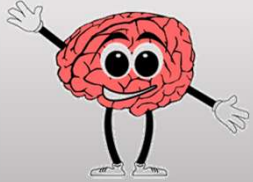



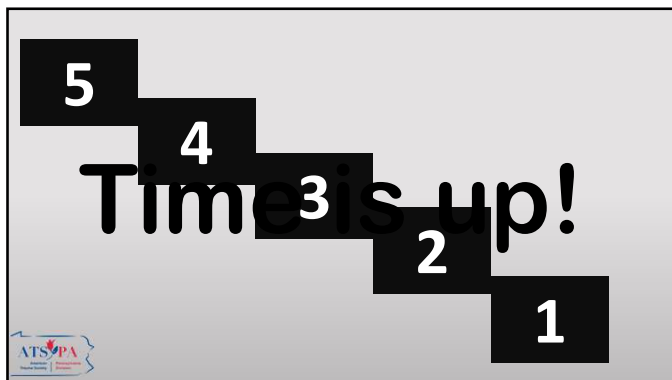
1

Concussion Agenda

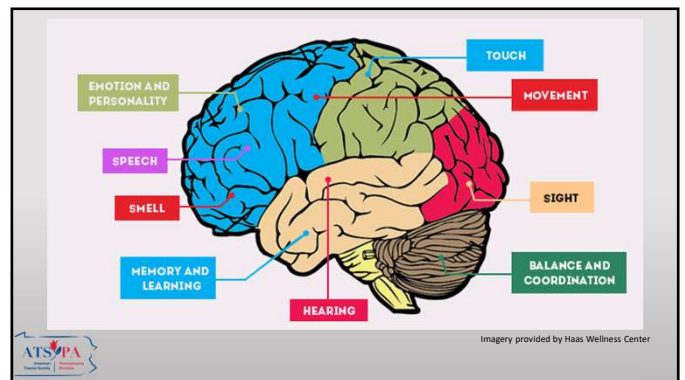
- What's your concussion awareness?
- Discuss the brain
- Define "concussion"
- Symptoms of a concussion
- Concussion Treatment
- Test your knowledge!

2




3



4

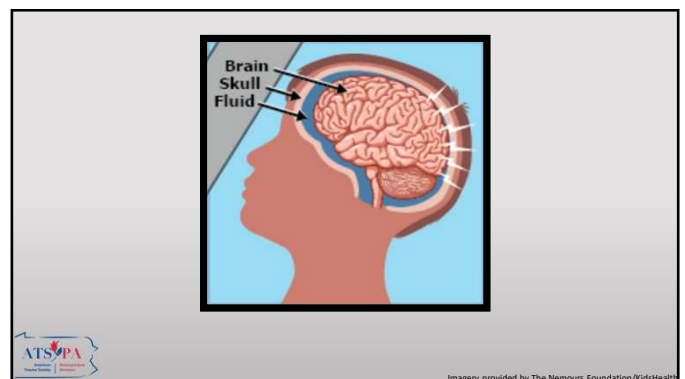
What is a concussion?

- A concussion is a type of traumatic brain injury (TBI) caused by a *bump, blow, or jolt* to the head or by a hit to the body that causes the head and brain to move quickly back and forth.

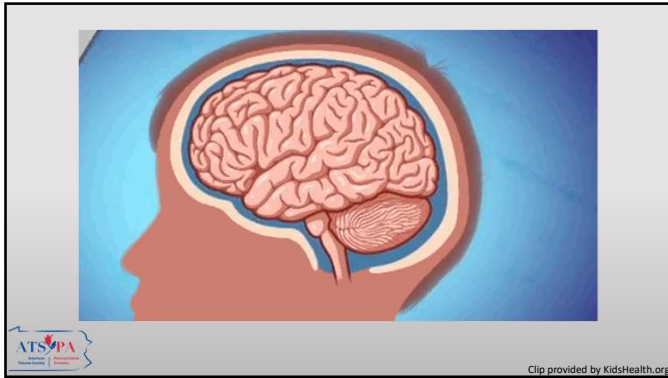


Information provided by CDC Heads UP program.

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What happens to the brain from a concussion?

HEALTHY BRAIN

WIRED FOR THOUGHT
The brain is like an integrated circuit board of memory and processing.

VS.

INJURED BRAIN

BROKEN CIRCUITS
On impact, the brain moves inside the skull. The circuits stretch or break causing the brain to not function normally.

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Signs and Symptoms of a Concussion

A concussion **feels different** to each person, so it's important to tell your parents and doctor how you feel. Sometimes concussion symptoms don't show up right away.

- Get a headache
- Feel dizzy, sluggish or foggy
- Be bothered by light or noise
- Have double or blurry vision
- Vomit or feel sick to your stomach
- Have trouble focusing or problems remembering
- Feel more emotional or "down"
- Feel confused
- Have problems with sleep

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What should I do if I think I have a concussion?

- Report it!**
 - Tell your parent, guardian, coach, teacher, or athletic trainer. It's up to you to report your symptoms.
- Get Checked Out.**
 - Don't return to your regular activities on the day of the injury.
 - Only a health care provider can tell if you have a concussion and when it is ok to resume normal activities.
- Give your brain time to heal.**
 - A concussion makes everyday activities harder. Give yourself the time you need to resume your normal routine.

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Healing time is important!

- During a concussion, the brain's blood flow decreases due to damaged brain cells.
- Avoiding activities that require brain and physical energy in the beginning will help with recovery.
 - Playing Sports
 - TV/Video Games
 - Reading

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Test Your Knowledge!

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Which of the following is **not** a symptom of a concussion?

- A. Get a headache
- B. Feel very dizzy, sluggish, or tired
- C. Have trouble sleeping
- D. All of the choices above are concussion symptoms.



13

John ran into a friend and hit his head during a soccer game. He is feeling really sick in the stomach and can't remember what happened. John doesn't tell his coach how he is feeling and keeps playing in the game. Did John make a good decision?

A. Yes

B. No



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Thank you!

The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit trauma prevention education organization.

[ATSPA Mission](#)

Trauma prevention and mitigation through education and advocacy.

[ATSPA Vision](#)

To be the leading provider of evidence-based trauma prevention, education, and resources.



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