

CONCUSSION SAFETY

CONCUSSION - 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 rapidly back and forth.

CONCUSSION SIGNS OBSERVED:

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

CONCUSSION SIGNS REPORTED:

- 🧠 Headache or "pressure" in head
- 🧠 Nausea or vomiting
- 🧠 Balance problems, dizziness, or double or blurry vision
- 🧠 Bothered by light or noise
- 🧠 Feeling sluggish, hazy, foggy or groggy
- 🧠 Confusion, or concentration or memory problems
- 🧠 Just not "feeling right," or "feeling down"

Signs and symptoms generally appear soon after the injury. However, you may not realize the severity of the injury, as some symptoms may not appear for hours or days.



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Information provided by the Centers for Disease Control and Prevention (CDC).



RESPONDING TO A CONCUSSION:

A child or teen with a concussion needs to be seen by a medical provider. If you think your child or teen has a concussion, contact his or her health care provider immediately.

Remove From Play:

If the concussion occurs while participating in a sport, you should also:

1. Remove the child from play.
2. Keep the child out of play the day of the injury and until a medical provider, experienced in evaluating for concussion, says he or she is symptom-free and is OK to return to play.

Children or teens who return to play too soon - while the brain is still healing - risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious and can cause permanent brain damage, affecting your child for a lifetime.



RECOVERY FROM A CONCUSSION:

1. Rest

Your child should take it easy the first few days after the injury when symptoms are more severe.

2. Light Activity

As your child starts to feel better, gradually return to regular (non-strenuous) activities.

3. Moderate Activity

When symptoms are mild and nearly gone, your child can return to most regular activities.

4. Return to Regular Activity

Recovery from a concussion is when your child is able to participate in all of their regular activities without experiencing any symptoms.

Be sure to schedule a follow-up appointment with a healthcare provider.