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## PRESS ADVISORY

For Immediate Release

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## Concussion Awareness Day

**Mechanicsburg, Pa.** – National Concussion Awareness Day® is Friday, Sept. 18. By raising awareness of the importance of recognizing a concussion, treating it appropriately and supporting the injured, we can positively impact lives across the country.

“As concussion cases continue to grow in the United States,” said Krista Brands, American Trauma Society Pennsylvania Division CEO, “It is important that parents, coaches and community members know the signs of a concussion.”

With millions of mild traumatic brain injuries happening each year, knowing the following signs of a concussion and what to do in an emergency can save lives.

- Failure to 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
- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or 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”

Concussions are serious and require medical attention. Signs and symptoms generally appear soon after the injury. However, you may not know how serious the injury is at first, and some symptoms may not show up for hours or days. You should check for signs of concussion right after the injury, as well as, a few days after the injury. If the concussion signs or symptoms get worse, you should take the person to the emergency department right away.

For more information on concussions or to order ATSPA materials regarding concussions, visit our [website](http://www.atspa.org).

**The American Trauma Society, PA Division (ATSPA) is a non-profit trauma prevention education organization dedicated to reducing suffering, disability and death due to trauma. The ATSPA strives to help all Pennsylvanians survive and lead healthier lives through its trauma prevention education programs. For information, call 717-766-1616 and visit [www.atspa.org](http://www.atspa.org).**

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