

# 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:**

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.**