



## Sports-Related Concussion Fact Sheet

A **concussion** is a mild brain injury caused by impact to the head. Although not always resulting in loss of consciousness, all concussions are serious and require immediate medical attention. A concussion is not always noticeable, so if you notice any signs or symptoms, consult your physician right away.

### What Are the Signs?

The U.S. Centers for Disease Control and Prevention (CDC) list the following as top signs of a concussion. As a parent, teacher, or coach, keep an eye out for these if your athlete experiences a bump to the head:

- Appears dazed or stunned
- Confusion
- Forgetfulness
- Uncertainty about the game, score, or team
- Clumsy
- Slow responses
- Loss of consciousness
- Behavior or personality changes
- Memory loss prior to or after the impact

### What Are the Symptoms?

According to the CDC, if your athlete may report feeling some of these symptoms, it may be a sports-related concussion:

- Headache, or head pressure
- Nausea or vomiting
- Dizziness
- Blurry or double vision
- Sensitivity to light and/or noise
- Feeling groggy or sluggish
- Concentration and/or memory problems
- Confusion
- Just “feels off” or “not right”

### If Your Athlete is Experiencing any of the Above:

1. **Seek immediate medical attention.** Your physician will examine your athlete to determine the severity of the injury and develop a care plan.
2. **Keep your athlete out of play.** Patience is required to heal a concussion. Your physician will determine a return-to-play plan based on the American Academy of Neurology grading system, a guideline to classifying a concussion from Grade 1-3.
3. **Communicate with the Coach.** Your athlete’s coach needs to know about past or current concussions in order to properly manage your athlete’s participation.