

Concussion Information

Lexington County Recreation & Aging Commission CONCUSSION INFORMATION SHEET. This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs. **WHAT IS A CONCUSSION?** A concussion is a type of traumatic brain injury- or 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. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells. **HOW CAN I SPOT A POSSIBLE CONCUSSION?** Children and teens who show or report one or more of the signs and symptoms listed below-or simply say they just don't feel right after a bump, blow, or jolt to the head or body-may have a concussion or other serious brain injury. **SIGNS OBSERVED BY PARENTS OR COACHES** - 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. - Can't recall events prior to or after a hit or fall. **SYMPTOMS REPORTED BY CHILDREN AND TEENS** -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. **WHAT ARE SOME MORE SERIOUS DANGER SIGNS TO LOOK OUT FOR?** In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs: - One pupil larger than the other. - Drowsiness or inability to wake up. -A headache that gets worse and does not go away. -Slurred speech, weakness, numbness, or decreased coordination. - Repeated vomiting or nausea, convulsions or seizures (shaking or twitching). - Unusual behavior, increased confusion, restlessness, or agitation. -Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously. **WHAT SHOULD I DO IF MY CHILD OR TEEN HAS A POSSIBLE CONCUSSION?** As a parent, if you think your child or teen may have a concussion, you should: 1. Remove your child or teen from play. 2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion. 3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer. Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider. **HOW CAN I HELP KEEP MY CHILDREN OR TEENS SAFE?** Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should: - Help create a culture of safety for the team. - Work with their coach to teach ways to lower the chances of getting a concussion. -Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one. -Ensure that they follow their coach's rules for safety and the rules of the sport. - Tell your children or teens that you expect them to practice good sportsmanship at all times. - When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain

or head injury. However, there is no concussion-proof helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head. TO LEARN MORE GO TO - cdc.gov/HEADSUP Content Source: CDC's HEADS UP campaign. HEADS UP fact sheets were made possible through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

We have read the Athlete & Parent/Legal Guardian Concussion Information Sheet. After reading the information sheet, the athlete and Parent/Legal Guardian are aware of the following information: A concussion is a brain injury, which should be reported to my parents, my coach(es), athletic trainer, or a medical professional if one is available. A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance. A concussion cannot be seen. Some symptoms might be present right away. Other symptoms can show up hours or days after an injury. I will tell my parents, my coach, athletic trainer, and/or a medical professional about my injuries and illnesses. If I think a teammate has a concussion, I should tell my coach(es), parents, athletic trainer or medical professional about the concussion. I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms. I will/my child will need written permission from a physician to return to play or practice after a concussion. Based on the latest data, most concussions take days or weeks to get better. A concussion may not go away right away. I realize that resolution from this injury is a process and may require more than one medical evaluation. I realize that ER/Urgent Care physicians will not provide clearance for return to play from this injury on the day they are injured. After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away. Sometimes, repeat concussions can cause serious and long-lasting problems. I understand that I will have to complete a graduated return to play and have written permission from a physician before I will be able to return to my sport per the school's concussion management policy. I have read and received the concussion symptoms on the Concussion Information Sheet.