



Love Your Brain...

Love Your Sport!

Possible Signs and Symptoms of Concussion

- Feeling dazed
- Feeling lightheaded
- Dizziness
- Confusion
- Balance problems
- Visual problems
- Difficulty remembering
- Any loss of Consciousness
- Not understanding questions
- Mental or physical slowness
- Headache
- Nausea or vomiting
- Fatigue

What To Do If You Suspect Concussion

- Immediately remove athlete from the game
- Have the athlete evaluated by a licensed health care professional with expertise in concussion
- Provide increased mental and physical rest in the acute period
- Avoid any contact risk until cleared to return to athletic activity by a licensed health care professional with expertise in concussion
- Follow any laws in your legal jurisdiction that govern concussion management
- When in doubt, sit them out!

Tips to Remember

- Any signs or symptoms may signal concussion
- Signs and symptoms may occur long after the impact
- You don't have to hit your head to sustain concussion
- Helmets and mouth gear protect but cannot prevent concussions
- Neuroimaging (CT/MRI) studies are usually normal
- Youth athletes require more cautious, conservative care
- A second hit before healing from the first may cause rare but serious Second Impact Syndrome
- Immediate rest (not cocoon rest!) helps reduce recovery time followed by paced return to school/work and supervised physical reconditioning as tolerated