

Parent/Athlete Concussion Information Sheet



Whether you are an athlete, parent, sports/school professional or health care provider, it is important to recognize, respond to and minimize the risk of concussion. Failure to do so can result in serious brain injury.

What is a concussion?

A concussion is a type of traumatic brain injury from a bump, blow or jolt to the head or body that causes:



1. The head and brain to move quickly back and forth.



2. The brain to bounce or twist in the skull from this sudden movement.



3. Chemical changes in the brain and sometimes stretching and damage to the brain cells.

How can I keep my children or teens safe?

To help lower your children's or teen's chances of getting a concussion, or other serious brain injury, you should:

- Talk with your children and teens about concussion
- Tell them to report their concussion symptoms right away. Concussions are serious!
- Ask if they have any concerns about reporting a concussion
- Ensure they follow their coach's rules for safety and practice good sportsmanship at all times
- When appropriate for the sport or activity, teach your children or teens to wear an appropriately-sized helmet to lower the chances of serious brain or head injury. However, there is no such thing as a "concussion-proof" helmet. Even with a helmet, avoid hits to the head

Signs Observed by Coaching Staff / Parents	Symptoms Reported by Athletes
• Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (<i>even briefly</i>) • Shows mood, behavior, or personality changes • Can't recall events prior to hit or fall • Can't recall events after hit or fall	• Headache or "pressure" in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just not "feeling right" or "feeling down"



While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your family's health care provider if your child's concussion symptoms do not go away, or get worse, after returning to their regular activities.

What are danger signs of a concussion?

- 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
- Convulsions or seizures
- Unusual behavior, confusion, restlessness or agitation
- Loss of consciousness, even briefly

Concussions take time to heal. Don't let your child return to play while having concussion symptoms. Returning to sport/play too soon, while the brain is still healing, can increase the chances of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, have life-long effects, or even be fatal.

How can I help my child recover from a concussion?

- Remove your child or teen from play. Ensure that your child or teen avoids activities that can put them at risk of another head/brain injury.
- Make an appointment with a health care provider experienced in evaluating for concussion
- Ensure your child or teen gets plenty of rest
- Make short-term adjustments to your child's daily activities to help them get back to a regular routine more quickly
- Lessen the amount of screen time if your child is experiencing headaches, or sensitivity to light/noises.
- Keep a positive attitude and be supportive

For more information, contact Injury Prevention Services at (208) 625-5722 or visit: cdc.gov/headsup

