



Heads Up



Concussion Facts for Athletes and Active Kids and Those Who Care About Them

What is a concussion?

A concussion is a brain injury that:

- ◆ Is caused by a bump or jolt to the head.
- ◆ Can change the way your brain works.
- ◆ Can range from mild to severe.
- ◆ Can occur during any sport or activity.
- ◆ Can happen even if you aren't knocked out.

Symptoms can show up days or weeks after the injury.

What are the symptoms of a concussion?

- ◆ Nausea (feeling like you might vomit)
- ◆ Dizziness or balance problems
- ◆ Double vision or fuzzy vision
- ◆ Sensitivity to light or noise
- ◆ Headache
- ◆ Feeling foggy or groggy
- ◆ Concentration or memory problems
- ◆ Confusion

How can I prevent a concussion?

It varies for every sport, but there are general steps you can take to protect yourself.

- ◆ Follow your coach's rules for safety and the rules of the sport.
- ◆ Practice good sportsmanship at all times.
- ◆ Use proper sports equipment, including personal protective gear such as helmets.

What should I do if I think I have a concussion?

- ◆ Tell your coach and your parents. Never ignore a bump, blow or jolt to the head. Tell your coach if you or one of your teammates might have a concussion.
- ◆ Get a medical check up. A professional can tell you if you have had a concussion and when you are OK to return to play.

If you have any doubt, STAY OUT!

Your brain has been injured and needs time to heal. If you resume activity too soon, you are more likely to have a second concussion! Second or later concussions can increase the risk of permanent brain damage and even death in rare cases.



**For more information go to
www.cdc.gov/ncipc/tbi/coaches_tool_kit.htm**

Adapted from the US Department of Health and Human Services, Centers for Disease Control and Prevention

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Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, NH SAFE KIDS & Partnership for a Drug Free NH