

Concussion Information

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 more serious brain injury.

- Can’t recall events *prior to* or *after* a hit or fall.
 - 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.
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- 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”.

Signs and symptoms generally show up soon after the injury. However, you may not know how serious the injury is at first and some symptoms may not show up for hours or days. For example, in the first few minutes your child or teen might be a little confused or a bit dazed, but an hour later your child might not be able to remember how he or she got hurt.

You should continue to check for signs of concussion right after the injury and a few days after the injury. If your child or teen’s concussion signs or symptoms get worse, you should take him or her to the emergency department right away.

Information for Coaches

If you think an athlete has a concussion, implement the HEADS UP Action Plan:

HEADS UP Action Plan

Remove from Play expanded

Remove the young athlete from play. When in doubt, sit them out!

Seek Medical Attention

Keep a young athlete with a possible concussion out of play the same day of the injury and until cleared by a health care provider. Do not try to judge the severity of the injury yourself. Only a health care provider should assess a young athlete for a possible concussion. After you remove a young athlete with a possible concussion from practice or play, the decision about return to practice or play is a medical decision that should be made by a health care provider. As a coach, recording the following information can help a health care provider in assessing the young athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body
- Any loss of consciousness (passed out/knocked out) and if so, for how long
- Any memory loss right after the injury
- Any seizures right after the injury
- Number of previous concussions (if any)

- **Inform and Educate Parents**

<http://www.cdc.gov/headsup/partners/index.html>) Inform the young athlete's parent(s) about the possible concussion, and give them the HEADS UP fact sheet for parents. This fact sheet can help parents watch the young athlete for concussion signs or symptoms that may show up or get worse once the young athlete is at home or returns to school.