

Concussion Information Sheet

Signs and symptoms of a concussion may include:

- Headache or a feeling of pressure in the head
- Temporary loss of consciousness
- Confusion or feeling as if in a fog
- Amnesia/memory loss before, after, or surrounding the traumatic event
- Dizziness or "seeing stars"
- Ringing in the ears
- Nausea or vomiting
- Slurred speech
- Fatigue
- Blurry vision/eye sensitivity to light

Seek emergency care for a player who experiences a head injury and:

- Vomiting
- A headache that gets worse over time
- Changes in his or her behavior, including irritability
- Changes in physical coordination, including stumbling or clumsiness
- Confusion or disorientation
- Slurred speech or other changes in speech
- Vision or eye disturbances, including pupils that are bigger than normal (dilated pupils) or pupils of unequal sizes
- Changes in breathing pattern
- Lasting or recurrent dizziness
- Blood or fluid discharge from the nose or ears

Seek emergency care for anyone who experiences a head injury and:

- A loss of consciousness
- Repeated vomiting
- Seizures
- Obvious difficulty with mental function or physical coordination
- Symptoms that worsen over time

Athletes

No one should return to play or vigorous activity while any signs or symptoms of a concussion are present. Experts recommend that an athlete with a suspected concussion not return to play until he or she has been medically evaluated. Experts also recommend that child and adolescent athletes with a concussion not return to play on the same day as the injury. Rest is the best treatment for a concussion. Additionally if there is a suspected concussion, do not give Tylenol or other pain relievers.

Gina Rose-MS, ATC, LAT