

Concussion Awareness

Keep Your Head in the Game!

What is a concussion?

A concussion is a mild traumatic brain injury (mTBI). Concussions are caused by a bump, blow, or jolt to the head or body. A mild bump or blow to the head can be serious.

What are the signs and symptoms of a concussion?

Signs and symptoms of a concussion may be present right after the injury or may not appear or be noticed until days after the injury. If your son or daughter reports one or more symptoms listed below, or as a parent you notice the symptoms, please keep your child out of play and seek medical attention right away.



Signs Observed by Family/Friends/Coaches	Symptoms Reported by Athlete
<ul style="list-style-type: none">• 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 (even briefly)• Shows mood, behavior, or personality changes• Can't recall events prior to hit or fall• Can't recall events after hit or fall	<ul style="list-style-type: none">• Headache or "pressure" in head• Nausea or vomiting• Balance problems or dizziness• Double or blurry vision• Sensitivity to light or noise• Feeling sluggish, hazy, foggy or groggy• Concentration or memory problems• Confusion• Just not "feeling right" or is "feeling down"

How to prevent a concussion

Every sport is different, but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and the correct size and fit
 - Used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Follow up on all head injuries, do not return to play that day or when symptoms are present
- Be cleared correctly – medical clearance, testing and return to play program

Head injuries are very serious please seek medical attention.



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Concussion Program Locations: Farmington, New Milford, Tolland and Stratford/Shelton

Information provided by the U.S. Department Of Health And Human Services, Centers For Disease Control and Prevention. For more information, visit: www.cdc.gov/Concussion