



CONCUSSIONS

INFORMATION FOR YOUTH ATHLETES

WHAT IS A CONCUSSION?

- A traumatic brain injury (TBI) that is caused by a bump, blow or jolt to the head.
- When your brain moves back and forth from a blow, your brain may not function properly.
- A concussion can cause changes in your behavior, thinking, and physical functioning.

THIS IS DAN. HE HAD A CONCUSSION AFTER GETTING HIT ON THE HEAD AT SOCCER.

1.

COMMON SYMPTOMS

- Headache
- Nausea
- Vomiting
- Dizziness
- Balance problems
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish or foggy
- Confusion



EVEN THOUGH DAN MIGHT LOOK OKAY, HE MIGHT FEEL...

2.

SEVERE SYMPTOMS

- Seizures
 - Weakness in the arms or legs
 - Cannot recognize people
 - Restless or agitated
 - Difficulty waking up
 - Slurred speech
 - Bloody fluid from nose/ears
- *Call 911 if you have any of these symptoms*

AFTER HE GOT HIT, DAN WANTED TO RUSH BACK ON THE FIELD AND PLAY AGAIN.

3.

WHAT SHOULD DAN DO?

- When in doubt, sit out of the game if you experience a blow or bump to the head.
- Tell your parents or guardian about your injury right away.
- Speak to your doctor about your concussion and how you can take the necessary steps towards recovery.



EVEN THOUGH DAN WANTS TO PLAY, HE SHOULD...

4.

WHEN CAN DAN PLAY AGAIN?

- Do not return to play until you are symptom-free and your doctor says it is okay.
- Get plenty of rest using a regular sleeping schedule.
- Avoid any recreational or high-risk activities that can cause another bump or blow to the head.

DAN MADE THE RIGHT CHOICE AND SAT OUT OF THE GAME TO RECOVER.

5.

PREVENTION TIPS

- Make sure you have your physical exam every year before playing a sport.
- Give your coach important contact information in case of an emergency.
- Always stretch, warm up, and stay hydrated before practice and games.



FOR NEXT TIME, DAN CAN PREVENT ANOTHER INJURY BY...

6.

PREVENTION TIPS

- Always wear the appropriate and well-fitted sports gear (e.g., helmet, mouth guard, etc.)
- Learn the right techniques to play your sport, follow the rules, and practice good sportsmanship.
- Make sure you, your parents, and coaches know the signs and symptoms of a concussion.