

Lincoln Christian School

Concussion & Head Injury Fact Sheet

PARENT/LEGAL GUARDIAN

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding”, “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious. You cannot see a concussion. Signs and symptoms of a concussion can show up right after the injury, or may not appear to be noticed until days or weeks after the injury. If your child reports any symptoms of a concussion, or if you notice any symptoms yourself, seek medical attention right away.

WHAT ARE THE SYMPTOMS REPORTED BY ATHLETES?

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Dose not “feel right”

WHAT SIGNS OBSERVED BY PARENTS/LEGAL GUARDIANS?

- 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 behavior or personality changes
- Cannot recall events prior to hit or fall
- Cannot recall events after hit or fall

HOW CAN I PREVENT A CONCUSSION?

- Ensure they follow their coach’s rules for safety and the rules of the sport.
- Make sure they use the proper equipment, including personal protective equipment such as helmets, padding, shin guards and eye and mouth guards. **In order for the equipment to protect the athlete,** it must be the right equipment for the game, position and activity; it must be worn correctly and used every time the athlete plays.
- Learn the signs and symptoms of a concussion.

FOR MORE INFORMATION VISIT:

- www.cdc.gov/TraumaticBraininjury/
- www.oata.net
- www.ossaa.net
- www.nfhslearn.com

REMEMBER: IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON!