



HEADS **x** UP CONCUSSION

A FACT SHEET FOR **ATHLETES**

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- Can happen even if you haven't been knocked out.
- Can be serious even if with just a mild bump or blow.

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice *one or more* of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **Tell your coaches, an athletic trainer, or your parents** - Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if one of your teammates might have a concussion.
- **Get a medical check-up** - Seek medical attention from a health care provider who is trained in the treatment of concussions.
- **Give yourself time to get better** - If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain.

IF IN DOUBT, SIT OUT.