



HEAD INJURY FACT SHEET

○ **What is a concussion?**

A concussion is a brain injury. Concussions are caused by a bump, blow, whiplash, or jolt to the head. They can range from mild to severe and can disrupt the way the brain normally functions. Even a “ding” or a bump on the head can be serious.

○ **What are the signs and symptoms of a concussion?**

You can't see a concussion. Signs and symptoms of a concussion can show up right after the injury or can take days or weeks to appear. **If your teen reports any symptoms of a concussion, or if you notice the symptoms yourself seek medical attention right away.**

Signs Observed by Parent	Signs Reported by Athlete
Dazed or stunned	Headache
Confusion	Nausea/Vomiting
Forgets Plays	Balance or problems of dizziness
Is unsure of game score/opponent	Double or fuzzy vision
Moves clumsily	Sensitivity to light or sounds
Answers questions slowly	Feeling sluggish
Loses consciousness	Feeling foggy or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit	Confusion/increased fatigue
Can't recall events before hit	Ringing in ears

○ **How do you treat a concussion?**

Concussions take time to heal. The healthcare team at Westhill High School is devoted to the safe return to play of your teen after a head injury. **That is why we require all athletes with any symptoms of a concussion be evaluated by a health care professional.**

NO EXCEPTIONS!

Athletes that return to play too soon, while the brain is still undergoing the healing process, risk a greater chance of having multiple concussions. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your teen for a lifetime.

Guidelines to Follow After a Head Injury

1. Contact your family physician if any of the above symptoms occur.
2. Do not give any pain medication, sedatives or allow the consumption of alcoholic beverages.
3. Do not participate in any form of physical activity until all symptoms are gone at rest and with exertion and you are cleared by your physician.
4. If any symptom worsens or you have any doubt call your physician or take your son/daughter to the emergency room.

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