

Concussion

For Parents

RECOGNIZE

A concussion is an injury to the brain from a hit to the head or to the body that affects the brain's ability to function properly. You can't see a concussion. But there are things you may notice, or things your child may tell you that could indicate a concussion.

What you may notice	What your child may tell you
<ul style="list-style-type: none"> • Is dazed or stunned • Is confused about events • Moves clumsily or has poor balance • Struggles to answer questions • Repeats questions • Loses consciousness (blacks out) • Acts strangely or personality changes • Forgets events that happened before or after the hit • Forgets class schedule or assignments 	<ul style="list-style-type: none"> • Headache or pressure in the head • Upset stomach or vomiting • Feels unsteady or wobbly • Dizziness • Has double or blurry vision • Lights hurts their eyes • Sounds seem very loud • Feeling drowsy, sluggish, or foggy • Hard to concentrate and forgets things • Feeling more emotional, nervous, angry, or anxious • Does not feel right, confused • Trouble falling asleep or sleeping more or less than usual

RESPOND

- If you see signs of a concussion or your child reports symptoms of concussion he/she should **be immediately removed from play.**
- Let your child's coach know that your child has sustained a concussion and that he/she is unable to participate.

REFER

- Your child should be referred to their primary care provider or a medical professional with a background in concussion management.

RETURN

- Ensure your child rests the brain and the body. They should not participate in physical education class and may need temporary help in the classroom. Discuss these concerns with your child's teacher
- No child should be allowed to return to activity while still experiencing symptoms. Concussions take time for symptoms to resolve and your child to return to normal behavior and activities.
- Your child should not return to physical activity until having written clearance by a qualified medical professional.