



# Heads Up



## Concussion Facts for Athletes and Active Kids and Those Who Care About Them

### What is a concussion?

**A concussion is a brain injury that:**

- ◆ Is caused by a bump or jolt to the head.
- ◆ Can change the way your brain works.
- ◆ Can range from mild to severe.
- ◆ Can occur during any sport or activity.
- ◆ Can happen even if you aren't knocked out.

**Symptoms can show up days or weeks after the injury.**

### What are the symptoms of a concussion?

- ◆ Nausea (feeling like you might vomit)
- ◆ Dizziness or balance problems
- ◆ Double vision or fuzzy vision
- ◆ Sensitivity to light or noise
- ◆ Headache
- ◆ Feeling foggy or groggy
- ◆ Concentration or memory problems
- ◆ Confusion

### How can I prevent a concussion?

It varies for every sport, but there are general steps you can take to protect yourself.

- ◆ Follow your coach's rules for safety and the rules of the sport.
- ◆ Practice good sportsmanship at all times.
- ◆ Use proper sports equipment, including personal protective gear such as helmets.

### What should I do if I think I have a concussion?

- ◆ Tell your coach and your parents. Never ignore a bump, blow or jolt to the head. Tell your coach if you or one of your teammates might have a concussion.
- ◆ Get a medical check up. A professional can tell you if you have had a concussion and when you are OK to return to play.

### If you have any doubt, STAY OUT!

Your brain has been injured and needs time to heal. If you resume activity too soon, you are more likely to have a second concussion! Second or later concussions can increase the risk of permanent brain damage and even death in rare cases.



**For more information go to  
[www.cdc.gov/ncipc/tbi/coaches\\_tool\\_kit.htm](http://www.cdc.gov/ncipc/tbi/coaches_tool_kit.htm)**

Adapted from the US Department of Health and Human Services, Centers for Disease Control and Prevention

[www.chadkids.org/goto/childhealthmonth](http://www.chadkids.org/goto/childhealthmonth)

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Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, NH SAFE KIDS & Partnership for a Drug Free NH