

Concussion Fact Sheet for Parents

What is a concussion?

A concussion is a mild traumatic brain injury (TBI). Concussions are caused by any force that transmits to the brain; a bump or blow directly to the head, or even a jolt to the body that results in whiplash. Overall, concussions disrupt the way the brain normally functions. Even a simple "ding" or bump to the head can result in a concussion.

What are the signs and symptoms of a concussion?

Concussions cannot be seen. Signs and symptoms may show up immediately following the injury, but can sometimes take days or weeks to appear. If your student athlete reports any symptoms of a concussion, or if you notice signs yourself, seek medical attention right away.

Signs observed by Athletic Trainer, Coaches, Parents, or Guardians

- Appearing dazed or stunned
- Confusion
- Forgetful
- Move clumsily
- Slow to answer questions
- Loss of consciousness
- Shows behavior or personality changes
- Can't recall events prior to or after the hit

Symptoms reported by the Athlete

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy
- Concentration or memory problems
- Confusion

What should you do if you think your student-athlete has a concussion?

There is no need to panic. If you notice **vomiting, behavior changes, severe amnesia, or your son/daughter's headache becomes excruciating**, you should take them to the emergency department. Otherwise, you can follow the instructions below:

It is okay to:

- Use acetaminophen (Tylenol) for headaches
- Use ice pack on head and neck as needed for comfort
- Go to sleep
- REST (no physical activity, sports, loud music, TV, homework, screen tim)

There is NO need to:

- Check eyes with a flashlight
- Wake up during the night
- Test reflexes

DO NOT:

- Drink alcohol
- Drive while symptomatic
- Exercise or lift weights
- Spend a lot of time in front of a screen
- Take ibuprofen, aspirin, naproxen, or other non-steroidal anti-inflammatory drugs

Further Information: While at home, your student-athlete should not text, play video games, read extensively or do a lot of homework. Studies have shown a brain at rest will recover faster.