

CONCUSSIONS

When in doubt,
sit them out.

**A CONCUSSION IS A BRAIN INJURY -
NOT A HEADACHE.**

It is caused by a bump, blow or jolt to the head
or the body that causes the brain to move
rapidly inside the skull.

SYMPTOMS YOUR ATHLETE MAY EXPERIENCE

- Headache or pressure in the head
- Dizziness or balance problems
- Nausea or vomiting
- Blurred or double vision
- Sensitivity to light or noise
- Feeling “foggy”
- Difficulty concentrating or remembering
- Drowsiness or changes in sleep
- “I just don’t feel right.”

EMERGENCY WARNING SIGNS

Seek emergency medical care immediately if your athlete:

- Won't wake up or is difficult to wake
- Has repeated vomiting
- Has a seizure
- Has slurred speech
- Becomes increasingly confused or difficult to recognize
- Has weakness or numbness
- Has one pupil larger than the other
- Loses consciousness

Symptoms can
appear hours
or even days
after injury.

Vision
problems can
occur after a
concussion.

Girls may report
more symptoms
and may take
longer to recover
than boys.*

Sources

- Centers for Disease Control and Prevention (CDC). *HEADS UP: Concussion in Youth Sports*.
- Tennessee Secondary School Athletic Association (TSSAA). *Concussion Information for Parents*.
- Musko PA, Demetriades AK. *Brain Sciences*. 2023; 13(9): 1310. doi:10.3390/brainsci1309310.

NOT EVERY CONCUSSION
CAUSES A HEADACHE.

NOT EVERY HEADACHE IS
A CONCUSSION.

THEY MAY NOT TELL YOU

Many young athletes don't report concussion symptoms because they want to stay in the game, don't want to disappoint teammates or think they will be fine.

Trust what you see, not just what your athlete tells you.

If you suspect a concussion, remove the athlete from play immediately and have them evaluated by a healthcare professional. Returning to play too soon may increase the risk of a more serious brain injury.

WHAT SHOULD I DO NEXT?



1. REMOVE

Remove the athlete
from play
immediately.



2. GET EVALUATED

Have the athlete
evaluated by a
healthcare
professional.



3. MONITOR

Monitor symptoms
at rest and limit
physical and
mental activity.



4. RETURN ONLY AFTER CLEARANCE

Return to play only after
a gradual recovery and
written clearance from an
appropriate healthcare
provider.



*Every concussion is different. Follow the guidance
of your healthcare provider.*



**DID YOU
KNOW**

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