

Important information about Concussions

A concussion is a type of a traumatic brain injury. A concussion can be caused by a bump, blow or jolt to the head or the body that would cause the brain to rapidly move back and forth. Even a mild bump can be serious. Concussions can occur without a loss of consciousness, and when young people get a concussion it can take longer to recover than it does for an adult.

Signs and Symptoms

Signs and symptoms may occur right after an injury, or even up to weeks later. When an athlete shows one or more of the following symptoms, they should be kept out of play, and reviewed by a professional before returning to play.

Signs observed by coaches and parents	Symptoms reported by athletes
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Moves clumsily	Blurry vision
Answers questions slowly	Confusion
Can’t recall events prior or after the hit or fall	Sensitivity to light and noise
Shows mood, behavior or personality changes	Concentration or memory problems
Change in sleep patterns	Neck pain
Vacant facial expression	Drowsiness

In rare cases, a dangerous blood clot may form on the brain. If any of the following symptoms occur; please seek immediate medical attention for the individual:

One pupil larger than the other

- Drowsy or can’t be awakened
- Headache that doesn’t go away
- Weakness or numbness
- Repeated vomiting
- Slurred speech
- Convulsions or seizures
- Can’t recognize people or places
- Becomes increasingly agitated
- Has unusual behavior
- Loss of consciousness

While a concussion is healing, an individual is much more likely to have another concussion creating further issues, or permanent damage. Concussions affect people differently, so it’s important not to dismiss any unusual signs or symptoms.

What to do if you suspect an individual has a concussion:

Remove the individual from play and seek medical attention. Don't try to diagnose the severity of the issue yourself. Make sure the individual has permission from the health care professional before returning to play. For more information you can visit www.cdc.gov/concussioninyouthsports/.