CONCUSSION AND HEAD INJURY INFORMATION SHEET

HEADS UP CONCUSSION in Youth Sports
HEADS UP is a series of concussion education initiatives developed by the Center for Disease Control (CDC)

What is a Concussion?
A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

The Facts
All concussions are serious.
Concussions can occur without the loss of consciousness.
Concussions can occur in any sport.
Recognition and proper management of concussions when they occur can help prevent further injury or even death.
Some symptoms may not appear for hours or days after the injury.

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<th>Concussion Signs Observed</th>
<th>Concussion Symptoms Reported</th>
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<td>Can’t recall events prior to or after a hit or fall.</td>
<td>Headache or “pressure” in head.</td>
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<td>Appears dazed or stunned.</td>
<td>Nausea or vomiting.</td>
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<td>Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.</td>
<td>Balance problems or dizziness, or double or blurry vision.</td>
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<td>Moves clumsily.</td>
<td>Bothered by light or noise.</td>
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<td>Answers questions slowly.</td>
<td>Feeling sluggish, hazy, foggy, or groggy.</td>
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<td>Loses consciousness (even briefly).</td>
<td>Confusion, or concentration or memory problems.</td>
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<td>Shows mood, behavior, or personality changes.</td>
<td>Just not “feeling right,” or “feeling down”.</td>
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What to do after a suspected Concussion of Head Injury
If you suspect an athlete has one or more symptoms of concussion, the CDC recommends the following steps:

HEADS UP ACTION PLAN:

1. Remove the athlete from play
2. Keep the athlete out of play the day of the injury and until cleared by a licensed healthcare provider who is trained in the evaluation and management of concussions and is acting within the scope of his or her practice. Do not try to judge the severity of the injury yourself. Only a licensed healthcare provider who is trained in the evaluation and management of concussions and who is acting within the scope of his or her practice should assess an athlete for a possible concussion.
3. Record and share information about the injury, such as how it happened and the athlete’s symptoms, to help a healthcare provider assess the athlete.
4. Inform the athlete’s parent(s) or guardian(s) about the possible concussion including the time and date of the suspected injury, the symptoms observed and the treatment, if any, provided to the athlete, and refer them to the CDC’s website for more concussion information.
5. Ask for written instruction from the athlete’s healthcare provider about the steps you should take to help the athlete safely return to play.

For more information regarding head injuries and concussions, including fact sheets, videos, and training courses, please visit the Center for Disease Control HEADS UP Concussion website at www.cdc.gov/HEADSUP

I have read the foregoing concussion information sheet:

___________________________  ________________
Athlete Parent (if Athlete is 17 years of age or younger)