

# MIND YOUR BRAIN

## *Because It Matters*

### Concussion = Brain Injury

For more information about sports and concussion, visit:

[www.byyourside.org](http://www.byyourside.org)



## SPORTS & CONCUSSION

**Concussions are caused by a bump, blow or jolt to the head.** Signs and symptoms can show up right after the injury or may not appear or be noticed until days or weeks after the injury. Even a mild concussion can cause problems. Recognition and proper management of concussions when they first occur can help prevent further injury or even death.

**Concussions can occur in any sport,** including: baseball, basketball, football, gymnastics, hockey, soccer, softball, volleyball and horseback riding. Because you can't see a concussion, players may receive no medical care at the time of the injury, but later may report symptoms such as headache and dizziness.

### If you think your child has a concussion:

- 1. Remove the child from play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon risk a greater chance of having a second concussion, which can be very serious.
- 2. Seek medical attention right away.** Health care professionals can gauge the severity of the concussion and when it's safe for the child to return to sports.
- 3. Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport or activity.

Players who experience signs or symptoms listed below after a bump, blow or jolt to the head should be kept from play until cleared by a health care professional.

### SIGNS & SYMPTOMS OF CONCUSSION

#### Observed by parents, guardians or staff:

- Appears dazed or stunned
- Is confused about assignment
- Forgets plays
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows behavior or personality changes
- Can't recall events prior to or after hit

#### Reported by player:

- Headache
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

### Help Your Child Avoid Concussions:

- ✓ Make sure they wear protective gear correctly and consistently.
- ✓ Encourage them to practice good sportsmanship.
- ✓ Know the signs and symptoms of concussion.
- ✓ Remind players, "it's better to miss one game than a whole season."



Traumatic Brain Injury  
Resource and Support Center

A service of Brain Injury Association of Florida  
sponsored by Florida Department of Health

**Helpline: 800-992-3442**