



ALL CHILD & YOUTH SPORTS CONCUSSIONS ARE SERIOUS

A concussion is a traumatic brain injury (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 quickly back and forth.

An athlete may have a concussion from an injury if they:

- Appear dazed or stunned.
- Move clumsily.
- Answer questions slowly.
- Lose consciousness—even briefly.
- Show mood, behavior or personality changes.
- Can't recall events prior to or after a hit or fall
- Forget an instruction or is unsure of the game, score or opponent.

When in doubt, sit them out!

You may have a concussion from an injury if you have:

- A headache or pressure in your head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light or noise.
- A sluggish, hazy, foggy or groggy feeling.
- Confusion, concentration or memory problems.
- Feelings of sadness or that something is wrong.

Stay safe:

- Tell coaches or teachers right away if you think you or a teammate has a concussion.
- Follow team rules for safety and the rules of the sport, and practice good sportsmanship.

If you think your child has a concussion from an injury:

- Remove and keep your child out of play or competition.
- Take your child to a health care provider who will determine your child's status and when your child can return to their sport.

Keep your child safe:

- Tell your child's coach and teachers about any recent concussions.
- Take the CDC's HEADS UP free online concussion training course, cdc.gov/HEADSUP.

Coaches & Teachers

Athletes

Parents & Caregivers

Source: Centers for Disease Control and Prevention

