

Could it be a concussion?

When in doubt, take the player out.

Observe the athlete for these warning signs	Does the athlete report any of these symptoms
Appears dazed or stunned	Headache
Is confused about assignment	Neck pain
Forgets plays	Balance problems or dizziness
Is unsure of game, score or opponent	Double or fuzzy vision
Moves clumsily	Nausea or vomiting
Answers questions slowly	Hearing problems or ringing
Loses consciousness	Confusion
Shows behavior or personality changes	Drowsiness
Can't recall events prior to or after hit	Feeling sluggish
Unequal size pupils	Concentration or memory problems

Continued on reverse

Knowing the signs of concussion can prevent further injury or even death.

The facts:

- A concussion is a brain injury.
- All concussions are serious.
- Concussions can occur without loss of consciousness.
- Concussions can occur in any sport.
- Second impact syndrome, a rare condition in which a second concussion occurs before a first concussion has healed, causes rapid and severe brain swelling and often permanent damage.

If the athlete exhibits or reports any warning signs of concussion, follow these steps:

Remove from play

- Only allow the athlete to return to play with permission from an appropriate health care professional.

Seek medical attention

- Ensure the athlete is evaluated by an appropriate health care professional. Do not try to judge the severity of the injury yourself.

Inform parent/guardian

- Make sure the athlete's parents or guardians are informed about the injury and that the athlete should be seen by a health care professional.

Prevent further injury

- Second impact syndrome can be prevented by delaying the athlete's return to play until the athlete receives appropriate medical evaluation and approval to play.

If you suspect an athlete has a concussion, the Headache & Concussion Center is here to help. As the only center of its kind in the area, our physicians have extensive training and specialized diagnostic tools to properly treat concussions. For more information, call the center at (502) **899-6782** or visit **NortonHealthcare.com/HeadacheandConcussion**.

