

## What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow or jolt to the head or body
- Can change the way a student's brain normally works
- Can occur during practices and/or contests in any sport
- Can happen even if a student has not lost consciousness
- Can be serious even if a student has been "dinged" or had "had their bell rung"

All concussions are serious. A concussion can affect a student's ability to do school work and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most students with a concussion get better, but it's important to give the concussed athlete student's brain time to heal.

## What are the symptoms of concussion?

Concussions cannot be seen, however, in a potentially concussed student, one or more of the following symptoms listed below may become apparent and/or that the student "doesn't feel right," soon after, a few days after, or even weeks after the injury.

- |  |                             |
|--|-----------------------------|
| Headache or "pressure" in the head       | Nausea or vomiting          |
| Balance problems or dizziness            | Double or blurry vision     |
| Bothered by light and noise              | Confusion                   |
| Memory problems                          | Difficulty paying attention |
| Feeling sluggish, hazy, foggy, or groggy |                             |

## What should students do if they believe that they or some else may have a concussion?

**Students feeling any symptoms set forth above should immediately tell their coach and their parents.** Also, if they notice any teammate evidencing such symptoms, they should immediately tell their Coach.

**The student should be evaluated.** A licensed physician of medicine or osteopathic medicine (MD or DO) sufficiently familiar with current concussion management, should examine the student, determine whether the student has a concussion, and determine when the student is cleared to return to participate in interscholastic athletics.

**Concussed students should give themselves time to get better.** If a student has sustained a concussion, the student's brain needs time to heal. While a concussed student's brain is still healing, that student is much more likely to have another concussion. Repeat concussions can increase the time it takes for an already concussed student to recover and may cause more damage to that student's brain. Such damage can have long term consequences. It is important that a concussed student rest and not return to play until the student receives permission from an MD or DO, sufficiently familiar with current concussion management, that the student is symptom free.

For more information on Concussions please visit the following websites:

[www.concussionwise.com](http://www.concussionwise.com)

[www.nfhslearn.com](http://www.nfhslearn.com)

[www.health.state.pa.us/](http://www.health.state.pa.us/)