

HEADS UP + CONCUSSION

100HS HIGH NI
SPORTS

It's better to miss one game than the whole season.

For more information and to order additional materials *free-of-charge*, visit:
www.cdc.gov/Concussion.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
 CENTERS FOR DISEASE CONTROL AND PREVENTION



Emergency Medical Services

Name: _____

Phone: _____

Health Care Professional

Name: _____

Phone: _____

School Staff Available During Practice

Name: _____

Phone: _____

School Staff Available During Games

Name: _____

Phone: _____

IMPORTANT PHONE NUMBERS

SIGNS AND SYMPTOMS

Athletes who experience **one or more** of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

Signs Observed by Coaching Staff
Appears dazed or stunned
Is confused about assignment or position
Forgets an instruction
Is unsure of game, score, or opponent
Moves clumsily
Answers questions slowly
Loses consciousness (<i>even briefly</i>)
Shows mood, behavior, or personality changes
Can't recall events <i>prior</i> to hit or fall
Can't recall events <i>after</i> hit or fall

Symptoms Reported by Athlete
Headache or "pressure" in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light
Sensitivity to noise
Feeling sluggish, hazy, foggy, or groggy
Concentration or memory problems
Confusion
Just not "feeling right" or is "feeling down"

ACTION PLAN

If you suspect that an athlete has a concussion, you should take the following four steps:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says the athlete is symptom-free and it's OK to return to play.