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Concussions in Kids

What parents need to know



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What are the symptoms of a concussion?

- Headache
- Loss of consciousness
- Memory loss or confusion
- Blurry or double vision
- Nausea or vomiting
- Sadness, irritability, or excessive sleepiness

Some children develop symptoms hours or even days after they were hit in the head!

Only 1 in 10 children pass out after a concussion. Some will just feel stunned or confused. **Do not allow** a child who was hit in the head and feels confused to go back in the game. Repeated concussions may result in **long-term brain damage or even death.**

When do I need to take my child to the ER?

Take your child to the Emergency Room if they develop any of the following symptoms after a hit:

- Severe or worsening headache
- Repeated vomiting
- Seizures
- Unsteadiness when walking
- Slurred speech
- Confusion or memory problems
- Weak or numb hands or feet
- Extreme sleepiness or difficulty waking up

What is the treatment?

Concussions are treated with **physical and mental rest**. This means:

- No athletic activity until a doctor has cleared your child.
- No using the computer, watching TV, or playing video games after a concussion.