

CONCUSSION **FACTS**

- Getting your bell rung **IS** a concussion
- Most concussions **DO NOT** involve being knocked out
 - only occurs in 1 of 10 cases
- Concussions **DO NOT** require a blow to the head
 - they can result from whiplash
- Every concussion is unique
 - they **DIFFER** by **PERSON & INCIDENT**

1 OR MORE OF THESE MAY = CONCUSSION:

May not appear for **MINUTES, HOURS, DAYS** or **UNTIL CHALLENGED** (physically **OR** mentally)

- Headache
- Pressure in the Head
- Nausea or Vomiting
- Sleep Changes
- Dizziness
- Vision Changes
- Sensitive to Light or Noise
- Feeling Sluggish or Groggy
- Confusion
- Difficulty Concentrating or Remembering
- Mood Changes
- Behavior or Personality Changes
- Being Knocked out (even briefly)
- Answers Questions Slowly
- Moves Clumsily

Keep CONCUSSIONS on the Sidelines!

DANGER SIGNS = IMMEDIATE MEDICAL ATTENTION:

- Symptoms Get Worse
- Decreasing Consciousness
- Increasing Sleepiness
- Seizure
- Vomiting
- Trouble Recognizing People or Places
- Neck Pain
- Weakness in Arms or Legs
- Slurred Speech

With proper recognition & management YOU can prevent permanent brain injury & death