



## CONCUSSION FACT SHEET

### WHAT IS A CONCUSSION?

A concussion is a brain injury, and is caused by a bump or blow to the head OR body. Even a “ding” or what seems to be a mild bump can be serious. You cannot see a concussion, like you can see a broken bone. The only way to know if a player has sustained a concussion is to pay attention to any signs and symptoms that a player may report or exhibit. Signs and symptoms of concussion (listed below) can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If you notice any symptoms of concussion, seek medical attention.

### WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

*If you or someone else experiences a blow to the head or body, or experiences whiplash, look for any of the following signs and symptoms of a concussion:*

#### Signs Observed by Others

- Appears dazed or stunned
- Is confused about directions
- Is unsure of events
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

#### Symptoms Reported by Individual

- 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
- Does not “feel right”

### WHAT SHOULD YOU DO IF YOU THINK YOU SUSTAINED A CONCUSSION?

- 1. Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe to return to activity.
- 2. Rest!** Concussions take time to heal, and complete rest will lead to the fastest recovery. Don't return to work, school or other physical and mental activities until a health care professional recommends it. People who return to activity too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious.
- 3. Avoid alcohol, drugs or narcotics,** all of which can slow your recovery and put you at greater risk of injury.
- 4. If you do not think you are getting better, tell a doctor.** Keep talking with your doctor, family members, and loved ones about how you are feeling, both physically and emotionally. People who do not recover within several weeks often benefit from rehabilitative therapy.

For more information about the **Providence Concussion Management Program**, contact the **Providence Sports Care Center** at JELD-WEN Field at (503) 962-1900 or go to [www.providence.org/rehab](http://www.providence.org/rehab)

For more detailed information on concussion and traumatic brain injury, visit: [www.cdc.gov/concussion](http://www.cdc.gov/concussion)