Recognizing signs and symptoms of a concussion after an initial traumatic blow to the head of an athletic can be difficult if you don’t understand what to watch for. If you notice your child sustaining a forceful bump, blow or jolt to the head or body that results in rapid head movements or any change in an athlete’s mental or physical behavior you need to be aware of the possible signs and symptoms. The list below provides you some, but not all of the signs and symptoms observed by a coach or parent and reported by an athlete:

– Headache
– Nausea
– Balance Problems/dizziness
– Fatigue
– Drowsiness
– Trouble Sleeping
– Forgetful
– Clumsiness
– Blurred Vision
– Vomiting
– Mood/behavior Changes
– Sadness
– Sensitivity to Light
– Sensitivity to Noise
– Irritability
– Confusion
– Concentration problems
– Can’t recall events (prior or after hit)

If the symptoms noted below occur, please seek medical attention immediately:

• Any above signs and symptoms significantly increase in intensity
• Severe headache that is not alleviated by Tylenol or cool packs applied to the head
• Repetitive or persisting vomiting
• Difficulty seeing, any peculiar eye movements, or one pupil larger than the other
• Restless, irritability, or drastic changes in emotional control
• Convulsion/seizures
• Difficulty walking or using arms
• Dizziness/unsteady gait or confusion that gets progressively worse
• Difficulty being awakened
• Difficulty speaking or slurred of Speech
• Bleeding or drainage of fluid from the nose or ears

Instructions:

• Any physical rest and “brain” rest is important for all student athletes. Be sure the student athlete gets enough sleep at night and takes naps if necessary.
• Limit physical activity as well as activities that require a lot of thinking or concentration. (homework, video games)
• No Physical exertion (sports, outdoor play) until cleared by medical professional
• Student may take Tylenol if approved by medical professional for headache.

The information above has been obtained from the following:
www.Impacttest.com;
www.CDC.gov/concussion; SCAT2 concussion worksheet

The Elliot. Live Better!