

Concussion Information

www.howardcountymd.gov/concussion

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild blow to the head can be serious.

What are some warning signs of a concussion? — For Immediate Attention Call 911

Signs Observed by a Parent/Guardian

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- 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

Signs Reported by the Athlete

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

What should you do if you think a concussion has occurred?

1. Seek medical attention right away.
2. Legally, you must keep your child out of play until medically cleared by a qualified health care provider.
3. Inform all coaches about any recent concussions.
4. Help your child return to sports safely after a concussion.