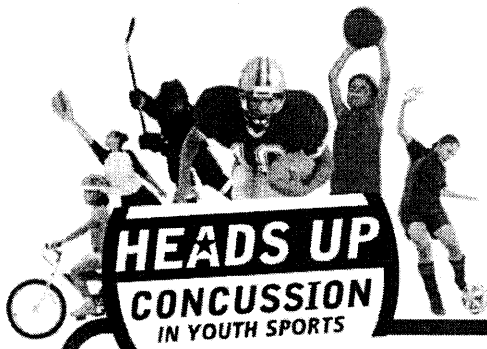


ATTACHMENT C

CONCUSSIONS MATERIALS FOR PARENTS



A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- 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

Symptoms Reported by Athlete

- 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”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

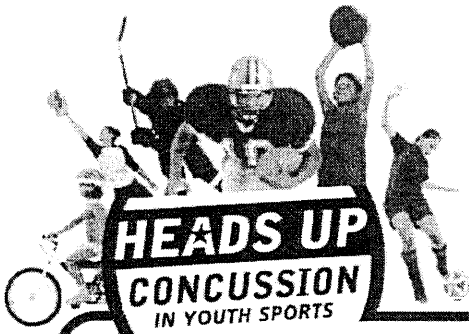
Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS 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 for your child to return to sports.
- 2. Keep your child out of play.** Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play 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. They can cause permanent brain damage, affecting your child for a lifetime.
- 3. Tell your child’s coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It’s better to miss one game than the whole season.



A QUIZ FOR COACHES, ATHLETES, AND PARENTS

Review the "Heads Up: Concussion in Youth Sports" materials and test your knowledge of concussion.

Mark each of the following statements as True (T) or False (F)

1. A concussion is a brain injury.
2. Concussions can occur in any organized or unorganized recreational sport or activity.
3. You can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury.
4. Following a coach's rules for safety and the rules of the sport, practicing good sportsmanship at all times, and using the proper sports equipment are all ways that athletes can prevent a concussion.
5. Concussions can be caused by a fall or by a bump or blow to the head or body.
6. Concussion can happen even if the athlete hasn't been knocked out or lost consciousness.
7. Nausea, headaches, sensitivity to light or noise, and difficulty concentrating are some of the symptoms of a concussion.
8. Athletes who have a concussion should not return to play until they are symptom-free and have received approval from a doctor or health care professional.
9. A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems.

ANSWER KEY: 1. True; 2. True; 3. True; 4. True; 5. True; 6. True; 7. True; 8. True; 9. True

It's better to miss one game than the whole season.

For more information and to order additional materials **free-of-charge**, visit:

www.cdc.gov/ConcussionInYouthSports



THE OFFICIAL NEWSMAGAZINE OF THE AMERICAN ACADEMY OF PEDIATRICS

AAP News

Volume 28 • Number 8
August 2007
www.aapnews.org

FOR YOUR INFORMATION

Concussion resources advise parents, coaches, physicians

The *Heads Up: Brain Injury in Your Practice* tool kit from the Centers for Disease Control and Prevention (CDC) is a multimedia educational resource for physicians on diagnosis, management and referral for patients with concussions.

A key component of the kit is the Acute Concussion Evaluation assessment tool to help physicians with initial evaluation and diagnosis of patients of all ages with a known or suspected concussion. The kit also includes clinical information and tools, including:

- a "Facts for Physicians" booklet;
- fact sheets in English and Spanish on preventing concussions;
- a palm card for on-field management of sports-related concussions; and
- CD-ROM with downloadable kit materials and additional traumatic brain injury resources.

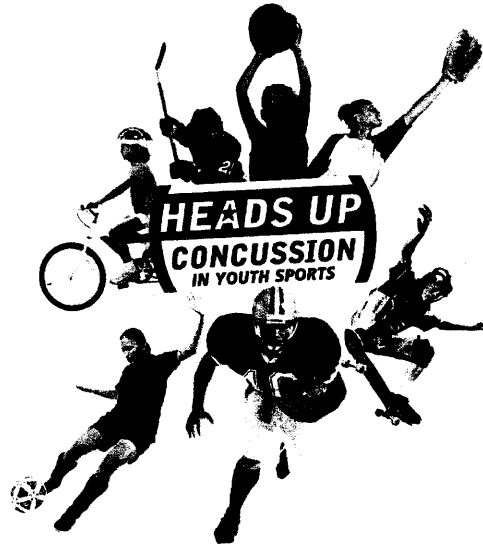
Download free copies of the physician tool kit at www.cdc.gov/ncipc/tbi/physicians_tool_kit.htm.

For coaches, parents and athletes involved in youth sports, *Heads Up: Concussion in Youth Sports* offers recommendations on preventing, recognizing and responding to a suspected concussion to help ensure the health and safety of young athletes.

A *Heads Up: Concussion in Youth Sports* tool kit from the CDC includes:

- fact sheets for coaches, athletes and parents on concussion;
- a clipboard, magnet and poster with concussion facts; and
- a quiz for coaches, athletes and parents to test their concussion knowledge.

Download the AAP-endorsed tool kit and fact sheets for athletes and parents at www.cdc.gov/ConcussionInYouthSports.





DEDICATED TO THE
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AAP News

Concussion resources advise parents, coaches, physicians *AAP News 2007;28;36*

The online version of this article, along with updated information and services, is located on
the World Wide Web at:
<http://aapnews.aappublications.org/cgi/content/full/28/8/36-c>

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American Academy of Pediatrics

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Concussion

What is a concussion?

A concussion is a disturbance to brain function caused by a blow to the head or even another part of the body. A concussion may occur even without loss of consciousness. It may cause you to become temporarily confused, disoriented, or have memory loss. It is a short lived impairment of brain function that gets better by itself. A concussion may also be referred to as mild traumatic brain injury or mTBI. It is important to note, however, that concussion does not involve bleeding or swelling in the brain.

How does it occur?

A concussion occurs when a blow to the head or the body causes shaking and jarring of brain tissue and delicate nerve fibers.

The sports in which concussions most commonly occur are football, soccer, gymnastics, ice hockey, and wrestling. However, concussions can occur in any sport or activity where you may get hit in the head.

What are the symptoms?

If you have had a concussion you may have any of the following symptoms:

- headache
- confusion
- memory loss (amnesia)
- loss of consciousness
- sleepiness
- nausea or vomiting
- trouble concentrating
- dizziness
- weakness
- seizures
- loss of balance.

These symptoms may continue for several days or even weeks after the injury.