



CONCUSSIONS

Watching for Concussions

A concussion is a type of traumatic brain injury (TBI) that is caused by a bump or a blow to the head. Even a mild blow or “getting your bell rung,” can be a serious matter. Signs of a concussion may not show up until days or weeks after the injury. Seek medical attention right away if you notice any signs of concussion in your child.

Signs of a Concussion

Look for any of these symptoms if your child has experienced a bump or blow to his or her head. Remember that these signs may appear right away or may show up much later.

- Appears dazed or stunned.
- Is easily confused.
- Forgets instructions.
- Moves slowly or clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows behavior or personality changes.
- Can't recall events before or after the hit or fall.
- Develops new problems in school, including changes in concentration and behavior.

If you think your child has a concussion:

- **Seek medical attention right away.** A health care professional will need to take a look at your child to decide how seriously they are injured.
- **Keep your child out of play.** The brain needs time to heal after a concussion. Children who resume activity or begin playing too soon after an injury are at a bigger risk for getting another concussion. Second or multiple concussions can cause permanent brain damage or even death.
- **Tell your child's coach and school nurse about any concussions.** These people should be aware of your child's injury so they can watch him or her at play and in school.



Prevent Concussions

Talk with your children to make sure they're taking the right steps to prevent concussions.

Make sure they:

- Follow their coach's rules for safety.
- Practice good sportsmanship.
- Wear protective gear made for their activity (helmets, padding, guards, etc.). This gear should fit right and be well maintained.
- Know the signs and symptoms of a concussion. Kids should tell their coach or you if they feel anything is wrong.



In Cooperation With:

Statewide Injury Prevention Program

(501) 364-3400 or (866) 611-3445 • www.archildrens.org/injury_prevention

Sources: Centers for Disease Control and Prevention, Safe Kids