



A concussion is a brain injury that affects how your brain/body works

Any type of hit, blow, or jolt can result in a concussion and can happen even if you aren't knocked out

How will I know if I have a concussion?

Concussions show up differently for each person. It is important to tell your parents, coach, and athletic trainer if you experience any of the following signs:

- Headaches
- Having problems paying attention or remembering
- Feeling more emotional or 'down'
- Feeling confused, foggy, or dizzy
- Vomiting or feeling sick to your stomach
- Bothered by light or noise
- Have double or blurry vision
- Sleeping issues

Symptoms may not show up immediately but you may feel as if something "isn't right" for hours or days. These issues are usually short-term but must be managed correctly to avoid long-term problems.

I think I have a concussion – what do I do?

- Report your symptoms and get seen by your Athletic Trainer as soon as possible
- Rest your brain and body - this will help you heal
- Avoid tasks that require concentration such as texting, video games, and/or studying
- Give yourself time - returning to your normal activity will be a gradual process
- Update your parents and doctors on how you feel often

What do I need to do to get better?

- Stay hydrated!
- Rest for 24-48 hours before returning to driving, schoolwork, and light physical activity
- Stop these activities if participating causes symptoms to reappear or get worse
- Return to sport can only occur once you are symptom-free and cleared by a doctor
- Work with your parents, doctor, and athletic trainer for a return to school and sports plan.

Why can't I just "play through" a concussion?

Playing with a concussion can be dangerous. You are more likely to suffer another concussion if you play while your brain is still healing. Repeat concussions can result in permanent damage. Never let anyone pressure you to continue to practice or play with a concussion.

How can I be an even better team player?

Sitting out after a concussion keeps you safe and improves healing time, helping you get back. When you return, protect your brain by avoiding hits to the head and following safe play rules. Encourage your teammates to report their symptoms and take time to heal after an injury.

It is better to miss one game than the whole season!