A head injury can happen to anyone in everyday life: at home, at school or in sports. Many children who hurt their heads get well and have no long-term problems.

- 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.
- “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.
- If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.”

(Adapted from the Centers for Disease Control Heads Up www.cdc.gov/Concussion)

### HEALTH PROBLEMS

**Headaches**
- headache that keeps coming back
- pain in head/neck
- pain below the ear
- pain in the jaw
- pain in or around the eyes

**Balance Problems**
- dizziness
- trouble with balance

**Sensory Changes**
- bothered by smells
- changes in taste or smell
- appetite changes
- feels too hot
- feels too cold
- doesn't feel temperature at all
- ringing in the ears
- hearing loss
- bothered by noises
- can’t handle background noise

**If your child has any of these problems, see a doctor right away.**
- disoriented: loss of memory/amnesia
- nausea or vomiting that returns
- one pupil larger than the other
- headache that does not go away or get better
- seizures: eyes fluttering, body going stiff, staring into space
- hands shake, tremors, muscles get weak, loss of muscle tone

**For infants and toddlers:**
- all items already listed
- will not stop crying, can’t be consoled
- will not nurse or eat

**A concussion is a type of traumatic brain injury (TBI). All concussions are serious.**

**Sleep Problems**
- can't sleep through the night
- sleeps too much
- days and nights get mixed up

**Pain Problems**
- neck and shoulder pain that happens a lot
- other unexplained body pain
- blurry vision
- seeing double
- hard to see clearly (hard to focus)
- bothered by light
Children and teens who show or report one or more of the signs and symptoms listed below, or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body, may have a concussion or more serious brain injury.

### Signs Observed by Parents or Guardians:
- 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 mood, behavior, or personality changes

### 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
- Just “not feeling right” or “feeling down”

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