

CONCUSSION SIGNS & SYMPTOMS:

- Headache/Pressure in the head
- Nausea/Vomiting
- Dizziness/Balance problems
- Feeling Tired
- Blurred/Double vision
- Light/Noise sensitivity
- Numbness/Tingling
- Loss of consciousness
- Repeats questions
- Looks dazed or stunned
- Answers questions slowly
- Can't recall event prior to hit
- Can't recall events after hit
- Shows behavior or personality changes
- Does not "feel right"
- Confused about events
- Difficulty thinking clearly
- Difficulty concentrating
- Difficulty remembering
- Feeling sluggish or hazy
- More emotional or nervous than usual

YOUR ATHLETE SHOULD BE SEEN IN THE EMERGENCY ROOM IMMEDIATELY IF:

- Loss of Consciousness
- Slurred speech
- Repeated vomiting or nausea
- Extreme drowsiness or cannot be awakened
- Convulsions or seizures
- Difficulty recognizing people or places
- Headache that worsens with time
- One pupil larger than the other
- Increasing confusion, restlessness or agitation
- Weakness or numbness

Athletes who experience one or more of the signs and symptoms of a concussion after a bump, blow or jolt to the head should be immediately removed from practice or play and referred to a healthcare professional with experience in evaluating concussions.

YOUR ATHLETE MAY RETURN TO PLAY WHEN THE FOLLOWING ARE COMPLETED:

- Evaluation and clearance by a physician
- Has completed your school's return-to-play protocol including stages of exertion
- Signed post-injury acknowledgement by parent and athlete