

# Concussion Card

From the book, Ahead of the Game by Rosemarie Scolaro Moser

## Possible Signs & Symptoms:

- Dizziness
- Confusion
- Headache
- Fatigue
- Nausea or vomiting
- Feeling “dazed” or “foggy”
- Balance problems
- Blurred or double vision
- Loss of consciousness
- Amnesia
- Numbness or tingling
- Changes in behavior



## Tips to Remember:

- You don't have to hit your head to sustain a concussion
- The presence of a single symptom is enough to suspect a brain injury
- Helmets and mouth guards cannot completely prevent concussions
- Symptoms of a brain injury may not appear until days after a hard hit or a rough tackle
- Neuroimaging tests are usually normal after a concussion
- Sustaining a second hit before fully recovering from the first concussion may cause Second Impact Syndrome which is often fatal
- Rest is best for a full, speedy recovery
- Practice good brain hygiene



## If You Suspect a Concussion:

1. Immediately remove an athlete from play
2. Get evaluated by a licensed health care professional with expertise in concussion identification and management
3. Complete a period of physical and cognitive rest until symptom-free
4. Avoid sports and physical activity until cleared for return to play
5. Follow concussion laws and guidelines
6. When in doubt, sit out!

