

Information About Concussions

- A concussion is any blow or force to the head that causes mental status changes, disorientation, confusion, memory loss, or slowness in thinking.
- **The ABCs of Concussions are:**
 1. **A: Assess the situation**
 2. **B: Be alert for signs and symptoms**
 3. **C: Contact a health care professional**
- Signs and Symptoms reported by the student may include:
 1. Headache
 2. Nausea/vomiting
 3. Dizziness
 4. Fatigue
 5. Trouble falling asleep or sleeping too much
 6. Sensitivity to light or noise
 7. Feeling sluggish
 8. Difficulty thinking or concentrating
- Signs and symptoms observed by someone else may include:
 1. Appears dazed or confused
 2. Answers questions slowly
 3. Repeats questions
 4. Can't recall events prior to hit, bump, or fall
 5. Can't recall events after hit, bump, or fall
 6. Loss of consciousness
 7. Shows behavior or personality changes
 8. Forgetfulness
- Treatment
 1. **REST!** No school or sports (even practice). Student needs to be out of school for 2 days after a concussion is diagnosed by a healthcare provider.
 2. Limited cognitive exertion. This does not mean complete isolation or complete inactivity. Limit time spent studying, working on the computer, playing video games, and texting.
 3. Monitoring physical symptoms (headache dizziness)
- 80% of all concussions get better without further treatment. Boys recover faster than girls from a concussion. Reason is unknown.
- A student must be released by a medical professional before returning to work or sports after a documented concussion has occurred.
- Students who return to school after a concussion may need to:
 1. Take rest breaks as needed
 2. Spend fewer hours at school
 3. Be given more time to complete assignments or take tests
 4. Receive help with schoolwork
 5. Reduce time spent on the computer, reading, or writing
 6. Student may have an increase in irritability and have less of an ability to cope with stress. They may be more emotional.
- The best way to protect students from concussions is to prevent concussions from happening. Proper supervision of students is also very important!