



STATE REPRESENTATIVE LYNDA SCHLEGEL CULVER

108th Legislative District - Northumberland and Snyder Counties

SUNBURY OFFICE:
106 Arch St., Sunbury, PA 17801
570-286-5885
Toll-Free: 1-800-924-9060
Monday-Friday, from 8:30 a.m. to 4:30 p.m.

MILTON OFFICE:
Milton Borough Building
2 Filbert St., Milton, PA 17847
570-742-6975
Monday-Friday, from 8:30 a.m. to 11:30 a.m.

HARRISBURG OFFICE:
402B Irvis Office Building, PO Box 202108
Harrisburg, PA 17120-2108
717-787-3485
Monday-Friday, from 9 a.m. to 4:30 p.m.

LyndaCulver.com

Facebook.com/RepCulver



Get the Facts About Concussions

By State Rep. Lynda Schlegel Culver (R-Northumberland/Snyder)

With many student athletes gearing up for fall sports practice, students, parents and coaches are reminded about ways to prevent, recognize and manage concussions.

A concussion is a type of traumatic brain injury caused by a bump, blow or jolt to the head, or from a fall or blow to the body that causes the head and brain to move quickly back and forth. Concussions can have serious short-term and long-term impacts, especially on young people whose brains are still developing.

In 2011, the Safety in Youth Sports Act was signed into law in Pennsylvania, requiring all school entities to develop return-to-play policies for student athletes with concussions, as well as requiring related training for coaches. Visit www.health.pa.gov/topics/school/Pages/Concussion.aspx for more information.

Most importantly, if you think your child has a concussion, seek medical attention, discuss the injury with the coach and don't allow the athlete to return to play without permission from a health care professional. Good luck to all our student athletes this year, and remember, safety first!

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