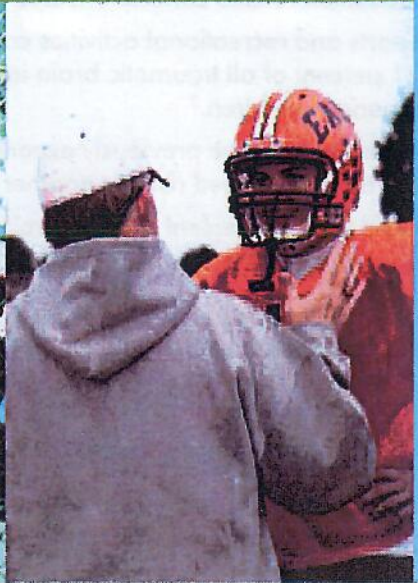


Coaches Concussion Fact Sheet



Concussion Facts

- A concussion is type of brain injury, often happening without the loss of consciousness.
- Caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth.
- This injury can actually change how the cells in the brain normally work.
- Concussions can have a long-term impact on a person's cognitive, physical, and psychological function.
- All concussions need to be tended to by a physician or other professional medical personnel.
- **All concussions are serious.**

Concussion Signs and Symptoms

An athlete might have a concussion if they report any of the following symptoms:

- Headache or pressure in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, or foggy
- Concentration or memory problems
- Confusion
- Feeling more emotional, nervous, or anxious
- Does not "feel right" or is "feeling down"

Coaches supervising affected athlete(s) may report any of the following about the child:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction or play
- Is unsure of score or opponent
- Moves clumsily or with poor balance
- Answers questions slowly
- Briefly loses consciousness
- Shows mood, behavior, or personality changes
- Can't recall events prior to the hit or fall
- Can't recall events after the hit or fall

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