

Did you know?

- 173,285 children between infancy and 19 years old are treated in emergency rooms each year for sports or recreation related concussions and other head injuries.¹
- Sports and recreational activities contribute to about 21 percent of all traumatic brain injuries among American children.²
- Athletes who previously experienced a concussion are at an increased risk for another concussion.¹
- More than 90 percent of sports-related concussions occur without the loss of consciousness.²

What happens next?

If you suspect that your child has a concussion, implement this 4-step action plan:

- 1 Remove the child from play.** When in doubt, sit them out.
- 2 Ensure that your child is evaluated by a health care professional experienced in evaluating for concussions.** Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. Parents should record the following information that can help health care professionals in assessing the child after the injury:
 - Cause of the injury and the force of the hit or blow to the head or body
 - Any loss of consciousness (passed out/knocked out) and if so, the duration
 - Any memory loss immediately following the injury
 - Any seizures immediately following the injury
 - Number of previous concussions (if any)
- 3 Get information on concussions from the coach.** Make sure you know that the child should be seen by a health care professional experienced in evaluating for concussions.
- 4 Keep your child out of play the day of the injury and until an appropriate health care professional says he or she is symptom-free and is okay to return to play.**

Keep Informed

A recent study conducted for Safe Kids USA found that 94% of parents overwhelmingly say it is very important that they and coaches know the signs and symptoms of concussions, yet only 29% of parents are confident in their child's coaches or their own abilities to recognize the signs.³

Concussion Recognition

Concussions normally follow this sequence of events

- A forceful blow to a child's head during sports

AND

- Any change in the child's behavior, thinking, or physical functioning

Home Care for Concussions: In the event that your child experiences a concussion and you are waiting for evaluation results from a health care professional:⁶

IT'S OKAY TO:

- Give them acetaminophen
- Ice their head and neck
- Offer them a light diet
- Have them return to school
- Let them sleep
- Let them rest

NO NEED TO:

- Check their eyes with a flashlight
- Wake them up every hour
- Test their reflexes
- Make them stay in bed

DO NOT:

- Give them alcohol
- Have them take prescribed narcotics (like vicodin)

