



Love your brain...

Love your sport!

www.SportsConcussionNJ.com

Possible Signs and Symptoms of Concussion

- Feeling dazed
- Feeling lightheaded
- Dizziness
- Confusion
- Balance problems
- Visual problems
- Difficulty remembering
- Any loss of consciousness
- Not understanding questions
- Mental or physical slowness
- Headache
- Nausea or vomiting
- Fatigue

What to do if you suspect concussion

- Immediately remove athlete from the game.
- Have the athlete evaluated by a licensed health care professional with expertise in concussion.
- Provide increased mental and physical rest until symptom free.
- Avoid any contact risk until cleared to return to athletic activity by a licensed health care professional with expertise in concussion.
- Follow any laws in your legal jurisdiction that govern concussion management.
- **When in doubt, sit them out!**

Tips to Remember

- Any signs or symptoms may signal concussion.
- Signs and symptoms may occur days after the impact.
- You don't have to hit your head to sustain a concussion.
- Helmets and mouth gear protect but cannot prevent concussions.
- Neuroimaging (CT/MRI) studies are usually normal.
- Youth athletes require more cautious, conservative care.
- A second hit before healing from the first may cause rare Second Impact Syndrome.
- Immediate rest helps reduce recovery time.
- **Practice Brain Hygiene®**

*The information presented here is not a substitute for medical diagnosis or treatment by a licensed professional.

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