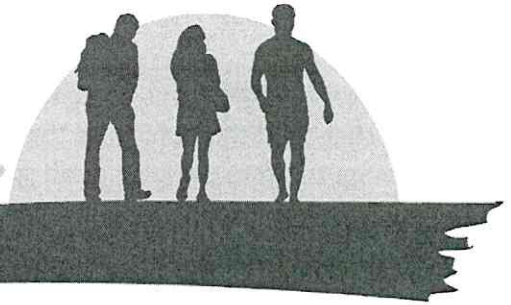


# THOMAS

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## Concussion Education Fact Sheet for Parents, Guardians and Care Providers

### WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury caused by a bump, blow or jolt to the head or by a hit to the body that causes your head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the athlete reports any symptoms of concussion or if you notice the symptoms yourself, seek medical attention right away.

### WHAT ARE SOME SIGNS AND SYMPTOMS OF A CONCUSSION?

#### • Signs observed by others

- o Appears dazed or stunned
- o Is confused
- o Forgets an instruction
- o Moves clumsily
- o Answers questions slowly
- o Loses consciousness (even briefly)
- o Shows behavior or personality changes
- o Can't recall events prior to hit or fall
- o Can't recall events after hit or fall

#### • Symptoms reported by the athlete

- o Headache or “pressure” in head
- o Nausea or vomiting
- o Balance problems or dizziness
- o Double or blurry vision
- o Sensitivity to light and/or noise
- o Feeling sluggish, hazy, foggy or groggy
- o Concentration or memory problems
- o Confusion
- o Does not “feel right”

## HOW CAN YOU HELP THE ATHLETE PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect them from concussion.

- Ensure that the athlete follows their coach's rules for safety and rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

## WHAT SHOULD YOU DO IF YOU HAVE BEEN TOLD THAT THE ATHLETE HAS BEEN SUSPECTED OF SUSTAINING AN INJURY THAT MAY HAVE CAUSED A CONCUSSION?

1. **Seek medical attention right away.** A healthcare provider will be able to decide if the athlete did sustain a concussion and how serious the concussion is. He/she will also be able to tell you when the athlete can return to play. A note from a healthcare provider must be received by the head coach prior to the athlete returning to play.

- If the healthcare provider determines that the athlete does have a concussion, the athlete must wait a minimum of seven days before returning to play, along with the note from a healthcare provider.
- If the healthcare provider determines that the athlete did not suffer a concussion, he/she must provide a note allowing the athlete to return to play immediately.

2. **Keep the athlete out of play.** Concussions take time to heal. Do not let the athlete return to play until he/she is cleared by a healthcare provider. Athletes who return to play too soon risk a greater chance of having a second concussion.

**Return to Play Concussion Protocol (You must have a written healthcare provider clearance to begin and progress through the following stages). See the Graduated Return to play following concussion: Sports Competition sheet.**

# Graduated Return to Play Following a Concussion: Sports Competition

The return to sports progression may begin when the following criteria are met:

- All symptoms from the concussion have resolved.
- Athlete is no longer on medication to reduce symptoms.
- Athlete must be performing at their preinjury academic level.
- Approval to start the graduated return to play steps is received from the appropriate health care professional as dictated by individual state law.



Once the student has been approved to start the return to play progression, the following steps must occur:

## Step 1: Light aerobic activity

Begin with light aerobic exercise to increase heart rate. This can include 15 to 20 minutes on an exercise bike, brisk walking, or light jogging; no weightlifting at this step.

## Step 2: Moderate intensity activity

Continue with activities to increase heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (reduced weight and repetitions compared to normal). This also may involve easy individual non-contact sport specific skills.

## Step 3: High intensity activity

Add higher intensity non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills in 3 planes of movement.

## Step 4: Normal practice

Athletes may return to practice and full contact, if appropriate for the sport, in controlled practice. Walk through practices are not considered normal practice.

## Step 5: Competition

Athlete may return to full competition.



*If symptoms return while the athlete progresses to return to sports competition, the athlete should wait 24 hours, and if the symptoms have resolved, they may then attempt the previous step that was completed without symptoms and continue the progression if symptoms do not recur.*

*Reevaluation by a health care professional is indicated for any athlete who has a continued return of symptoms with exertion.*

American Academy  
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# A FACT SHEET FOR Parents



## What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

## What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

If your child or teen reports one or more of the symptoms of concussion listed below, or if you notice the signs or symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

## Signs & Symptoms of a Concussion

### Signs Observed by Parents or Guardians

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events *prior* to hit, bump, or fall
- Can't recall events *after* hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

### Symptoms Reported by Your Child or Teen

#### Thinking/Remembering

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

#### Physical

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

#### Emotional

- Irritable
- Sad
- More emotional than usual
- Nervous

#### Sleep\*

- Drowsy
- Sleeps *less* than usual
- Sleeps *more* than usual

*\*Only ask about sleep symptoms if the injury occurred on a prior day.*



# Danger Signs

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if she or he has one or more of these danger signs:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

**Children and teens with a suspected concussion should NEVER return to sports or recreation activities on the same day the injured occurred.**

They should delay returning to their activities until a healthcare provider experienced in evaluating for concussion says it's OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class
- Sports practices or games
- Physical activity at recess

## ➤ What should I do if my child or teen has a concussion?

### 1. Seek medical attention right away.

A healthcare provider experienced in evaluating for concussion can determine how serious the concussion is and when it is safe for your child or teen to return to normal activities, including physical activity and school (concentration and learning activities).

### 2. Help them take time to get better.

If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen may need to limit activities while s/he is recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse. After a concussion, physical and cognitive activities—such as concentration and learning—should be carefully managed and monitored by a healthcare provider.

### 3. Talk to your child or teen about how they are feeling.

Your child may feel frustrated, sad, and even angry because s/he cannot return to recreation and sports right away, or cannot keep up with schoolwork. Your child may also feel isolated from peers and social networks. Talk often with your child about these issues and offer your support and encouragement.

## ➤ How can I help my child return to school safely after a concussion?

Most children can return to school within a few days. Help your child or teen get needed support when returning to school after a concussion. Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms.

Your child's or teen's healthcare provider can use CDC's Letter to Schools to provide strategies to help the school set up any needed supports.

As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer
- Sit out of physical activities, such as recess, PE, and sports until approved by a healthcare provider
- Complete fewer assignments
- Avoid noisy and over-stimulating environments

To learn more, go to [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP) or call 1.800.CDC.INFO

January 2021



# HOJA INFORMATIVA PARA los padres



## ¿Qué es una conmoción cerebral?

Una conmoción es un tipo de lesión cerebral que ocasiona cambios en la forma en que funciona el cerebro normalmente. Es causada por un golpe, un impacto o una sacudida en la cabeza. Las conmociones cerebrales también pueden ocurrir por un golpe en el cuerpo que haga que la cabeza y el cerebro se muevan bruscamente hacia adelante y hacia atrás. Hasta un golpe en la cabeza que parezca leve puede ser grave.

## ¿Cuáles son los signos y síntomas de una conmoción cerebral?

Las conmociones cerebrales no se pueden “ver”. Los signos y síntomas de una conmoción cerebral pueden manifestarse tan pronto como ocurra la lesión o puede que no aparezcan ni se noten sino hasta horas o días después. Es importante estar atento a cambios en la forma en que el niño o adolescente actúa o se siente, si los síntomas empeoran o si “simplemente no se siente bien”. La mayoría de las conmociones cerebrales ocurren sin que haya pérdida del conocimiento.

Si su niño o adolescente indica que tiene uno o más de los signos o síntomas de conmociones cerebrales enumerados a continuación, o si usted nota estos síntomas, busque atención médica inmediatamente. Los niños y adolescentes están entre las personas con mayor riesgo de sufrir conmociones cerebrales.

## Signos y síntomas de una conmoción cerebral

### Signos observados por los padres o tutores:

- Parece aturdido o desorientado
- Está confundido con relación al incidente
- Responde a las preguntas con lentitud
- Repite las preguntas
- No puede recordar lo ocurrido *antes* del golpe o la caída
- No puede recordar lo ocurrido *después* del golpe o la caída
- Pierde el conocimiento (aunque sea por poco tiempo)
- Muestra cambios de conducta o de personalidad
- Se le olvida el horario de clases o las tareas a realizar

### Síntomas reportados por su niño o adolescente

#### Área del razonamiento y la memoria

- Dificultad para pensar claramente
- Dificultad para concentrarse o recordar cosas
- Siente que todo lo hace más despacio
- Se siente débil, desorientado, aturdido, atontado o grogui

#### Área física

- Dolor de cabeza o “presión” en la cabeza
- Náuseas o vómitos
- Problemas de equilibrio o mareo
- Fatiga o cansancio
- Visión borrosa o doble
- Sensibilidad a la luz o al ruido
- Hormigueo o entumecimiento
- No se “siente bien”

#### Área emocional

- Irritable
- Triste
- Más sensible de lo usual
- Nervioso

#### Área del sueño\*

- Adormecido
- Duerme *menos* de lo normal
- Duerme *más* de lo normal
- Tiene problemas para quedarse dormido

*\*Solo pregunte sobre síntomas relacionados con el sueño si la lesión ocurrió en días anteriores.*



# Signos peligrosos

Esté atento por si los síntomas empeoran con el tiempo. Debe llevar inmediatamente a su niño o adolescente a la sala de emergencias si presenta lo siguiente:

- Tiene una pupila (la parte negra en el centro del ojo) más grande que la otra
- Está mareado o no se le puede despertar
- Tiene un dolor de cabeza persistente o que empeora
- Debilidad, entumecimiento o menor coordinación
- Náuseas o vómitos constantes
- Dificultad para hablar o pronunciar las palabras
- Convulsiones o ataques
- Dificultad para reconocer a personas o lugares
- Mayor confusión, inquietud o agitación
- Comportamiento anormal
- Pierde el conocimiento (las pérdidas del conocimiento deben considerarse como algo serio aunque sean breves)

**Los niños y adolescentes que han sufrido una conmoción cerebral NUNCA deben regresar a participar en actividades deportivas o recreativas el mismo día en que ocurrió la lesión.**

Deben esperar hasta que un profesional médico con experiencia en la evaluación de conmociones cerebrales les diga que está bien volver a realizar este tipo de actividades. Esto significa que no deben regresar a realizar:

- Clases de educación física (PE),
- Prácticas o juegos deportivos ni
- Actividades físicas durante el recreo

## ¿Qué debo hacer si mi niño o adolescente ha sufrido una conmoción cerebral?

- 1. Busque atención médica de inmediato.** Un profesional médico con experiencia en evaluar conmociones cerebrales puede determinar la gravedad de la conmoción y cuándo puede el niño o adolescente regresar de manera segura a realizar sus actividades normales, incluso las actividades escolares y físicas (actividades de aprendizaje y concentración).
- 2. Ayúdelos a que tomen tiempo para mejorarse.** Si su hijo sufre una conmoción cerebral, su cerebro necesitará tiempo para sanarse. Su hijo puede requerir limitar sus actividades mientras se recupera de una conmoción cerebral. El ejercicio o las actividades que requieran de mucha concentración, como estudiar, trabajar en la computadora o los juegos de video pueden causar que los síntomas de la conmoción cerebral (como dolor de cabeza o cansancio) reaparezcan o empeoren. Después de una conmoción cerebral, los profesionales médicos deben vigilar atentamente al niño al realizar actividades físicas y cognitivas, como las de concentración y aprendizaje.
- 3. Converse con su niño o adolescente acerca de como se están sintiendo.** Su hijo se puede sentir frustrado, triste y hasta con rabia por no poder regresar a realizar sus actividades deportivas o recreativas inmediatamente, o por no poder mantenerse al día con las clases. Su hijo también puede sentirse aislado de sus compañeros y redes sociales. Hable con su niño sobre estos temas y ofrézcale apoyo y ánimo.

## ¿Cómo puedo ayudar a mi hijo a regresar a la escuela sin peligro después de una conmoción cerebral?

Ayude a que su niño o adolescente reciba el apoyo necesario cuando regrese a la escuela después de sufrir una conmoción cerebral. Hable con los maestros, la enfermera escolar, el entrenador, los patólogos del lenguaje o el consejero escolar acerca de la conmoción cerebral que sufrió su hijo y los síntomas que tuvo.

El médico de su niño o adolescente puede utilizar la información en la carta "CDC Letter to Schools" para entender que estrategias existen para regresar al colegio.

Your child's or teen's healthcare provider can use CDC's Letter to Schools ([https://www.cdc.gov/traumaticbraininjury/pdf/pediatricmtbiguidelineeducationaltools/mTBI\\_ReturntoSchool\\_FactSheet-Pin.pdf](https://www.cdc.gov/traumaticbraininjury/pdf/pediatricmtbiguidelineeducationaltools/mTBI_ReturntoSchool_FactSheet-Pin.pdf)) to provide strategies to help the school set up any needed supports.

La ayuda o apoyo adicional que recibe el niño se puede retirar gradualmente al disminuir los síntomas. Los niños y adolescentes que regresen a la escuela después de sufrir una conmoción cerebral necesitan:

- Tomar descansos según lo requieran
- Estar menos tiempo en la escuela
- Tener más tiempo para tomar exámenes o realizar tareas
- Recibir ayuda para realizar las tareas y
- Disminuir el tiempo en que usan la computadora, leen o escriben
- Suspender toda actividad de recreo, educación física y deportes, hasta que se reciba autorización del médico.
- Realizar menos trabajo académico.
- Evitar situaciones con mucho ruido o que haya exceso de estimulación.

Para aprender más sobre las conmociones cerebrales vaya a [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP) (en inglés). o llame al 1.800.CDC.INFO

Enero de 2021

