

HEADS*UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **ATHLETES**

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- Can happen even if you haven't been knocked out.
- Can be serious even if you've just been "dinged" or "had your bell rung."

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?

You can't see a concussion, but you might notice **one or more** of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should I do if I think I have a concussion?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- **Get a medical check-up.** A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
- **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

How can I prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and the correct size and fit
 - Used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If you think you have a concussion:

Don't hide it. Report it. Take time to recover.

It's better to miss one game than the whole season.

For more information and to order additional materials *free-of-charge*, visit: www.cdc.gov/Concussion.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION





Doug Tauchen

Organization: J.L. Mayer High School Age: 39
 Date of Birth: 07/01/1969 Height: 66 inches
 Gender: Male Weight:
 Handedness: Right

Native country/region: United States Second language:
 Native language: English Years Speaking:

Years of education completed excluding kinder garden: 18 Repeated one or more years of school: No
 Received speech therapy: No Diagnosed learning disability: No
 Attended special education classes: No Problems with ADD/hyperactivity: No

Current sport: Baseball Current level of participation: Collegiate
 Primary position/event/class: 135lbs Years of experience at this level: 25+

Number of times diagnosed with a concussion (excluding current injury): 1
 Concussions that resulted in loss of consciousness: 0
 Concussions that resulted in confusion: 1
 Concussions that resulted in difficulty remembering events that occurred immediately after injury: 0
 Concussions that resulted in difficulty remembering events that occurred: 0
 Total games missed as a result of all concussions combined: 0
 Concussion history:

Treatment for headaches by physician: No History of meningitis: No
 Treatment for migraine headaches by physician: No Treatment for substance/alcohol abuse: No
 Treatment for epilepsy/seizures: Yes Treatment for psychiatric condition (depression, anxiety): No
 History of brain surgery: No

Diagnosed with ADD/ADHD: Diagnosed with Autism:
 Diagnosed with Dyslexia: Strenuous exercise in the last 3 hours: