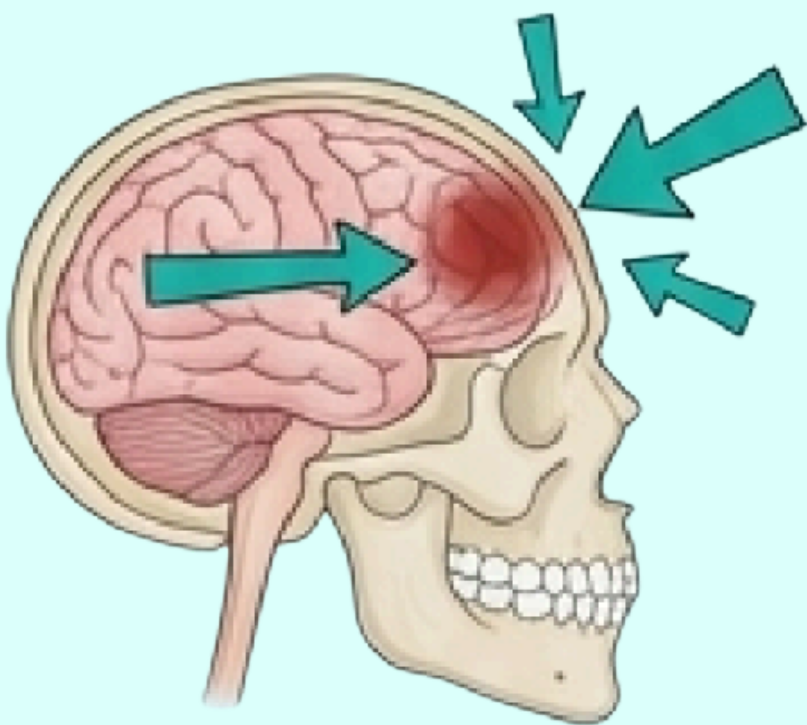


Concussion Awareness

What is a concussion?



A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or hit to the head. This impact causes the head to move rapidly and changes how the brain works.

Signs and Symptoms

Watch for these common symptoms after a head injury.



Physical: headache, dizziness/nausea, blurry vision, sensitivity to light or noise

Cognitive: confusion, trouble remembering things, slow response

Emotional: irritability, sadness, being more emotional or prone to mood swings

WHEN TO SEEK MEDICAL HELP

Seek medical help IMMEDIATELY if any of these occur:

- losing consciousness (even briefly)
- worsening headache
- weakness or numbness
- multiple vomiting episodes
- confusion that won't go away
- different sized pupils

Return-to-Learn

Gradual increase in cognitive workload (e.g. partial school days, limited screen time, temporary academic adjustments may be needed during recovery.

Return-to-Play

- Step-by-step physical activity
- MUST be cleared by a professional
- **When in doubt, sit them out**
- Wear proper equipment
- Learn safe playing techniques

Sleep is important for recovery. Relative rest for the first 24–48 hours followed by a gradual return to activity is recommended.

MYTH VS FACT

✗ A CT scan will show a concussion

✓ CTs and MRIs often come back normal. You must see a medical professional to diagnose a concussion.