

CONCUSSION

SIGNS AND TIPS FOR PARENTS AND COACHES

In advance, learn to recognize the symptoms of a concussion:

VISIBLE CLUES

-  Trouble with balance
-  Clutching head
-  Dazed, blank or vacant look

IF YOU SUSPECT A CONCUSSION

- Remove the child from physical or cognitive activity immediately
- If a medical professional isn't onsite, consider transporting by ambulance
- Assess the child for symptoms related to concussion
- Watch for possible symptoms to evolve and take a child who shows symptoms to a health care professional
- Do not return a child to a sport the same day

Children's
MINNESOTA

childrensMN.org/concussion









SIGNS AND SYMPTOMS

-  General confusion
-  Seeing stars, flashing or dark spots
-  Blurred or double vision
-  Slurred speech
-  Headache, dizziness and nausea

SEEK ADDITIONAL CARE IF:



-  Excessive sleepiness, hard to stay awake
-  Vomiting, especially if more than once
-  Severe headache that doesn't go away with rest or medication
-  Loss of consciousness for more than one minute
-  Confusion lasting more than 15 minutes
-  Any seizure activity

Seek emergency care at a facility that has imaging capabilities, such as a CT scan. An urgent care may not have those capabilities.