

Concussion Management

Signs and Symptoms of a Concussion

- A concussion should be suspected in the presence of ONE or more signs or symptoms! Symptoms can take up to 48 hours to appear.

- If a concussion is suspected please consult with a medical doctor as soon as possible. Once starting recovery start to follow the **Return to Learn** and **Return to Play** Guidelines.

- Headache
- Dizziness
- Blurry Vision
- Feeling “slowed down” or “dazed”
- Sensitivity to light and sound
- Difficulty concentrating
- Difficulty with balance maneuvers
- General confusion
- Difficulty orienting to time and place
- Not feeling like yourself

RED FLAG Signs and Symptoms

- Red Flag signs can take 48 hours to appear, so athletes must be monitored closely.

- Headaches that worsen
- Seizures
- Looks drowsy or cannot be awakened
- Repeated vomiting
- Slurred speech
- Cannot recognize people or places
- Increase confusion; unusual behavior change; irritability
- Weakness or numbness in arms or legs
- Neck Pain
- Double Vision

Signs of Concussion	Suspected Neck Injury	RED FLAG Signs
<ul style="list-style-type: none"> -remove player from game - monitor signs & symptoms - DO NOT give any medications - Inform caregiver - Be evaluated by a medical doctor ASAP - Consult with the Concussion Action Plan 	<ul style="list-style-type: none"> - Call 911 Immediately - Do not give any medication, food or water - Do not remove helmets - Consult with the Concussion Action Plan 	<ul style="list-style-type: none"> - Call 911 Immediately - Do not give any medication, food or water - Do not remove helmets - Consult with the Concussion Action Plan

When in doubt, sit them out!

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