

# CONCUSSIONS

A concussion is a brain injury caused by a blow to the head or body that can change the way your brain normally works. It can be from contact with another person, hitting a hard surface or being hit by a piece of equipment such as a bat. A concussion can happen even if you do not lose consciousness. It presents differently for each individual and it can range from mild to severe.

## Symptoms

- Amnesia
- Confusion
- Headache
- Loss of consciousness
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Nausea
- Feeling sluggish or foggy
- Irritability
- Concentration or memory problems
- Feeling tired
- Slowed reaction time

## Prevention

Do not initiate contact with your head or helmet; avoid striking an opponent in the head; follow all rules of safety when playing sports; practice good sportsmanship at all times and perfect the skills of the sport.

## Treatment

If you think you have a concussion, do not hide it. Get it checked out and do not return to activity until you are cleared by a physician, athletic trainer or health care professional. For relief of a mild headache, take Tylenol as directed. Do not take other medications unless prescribed by a physician. Apply ice bag to the injured area. Eat a light diet for the first 24 hours. Refrain from sedatives or alcohol.

If you have any of the following symptoms, *contact your physician*:

- Confusion or inability to remember things
- Restlessness, weakness or numbness
- Sleeping more or less than usual
- Persistent nausea or vomiting
- Persistent or worsening headache for more than 48 hours
- Blurred or double vision
- Inability to move arms or legs equally well on both sides of the body
- Unequal pupil size
- Convulsions or seizure
- Changes in respiration or difficulty breathing
- Drainage of blood or fluid from nose or mouth

Contact Health Services @ 563-588-6374.