What is a concussion?

A concussion is a mild injury to the brain that disrupts how the brain normally works. Concussions are caused by a hit or jolt to the head. Sometimes concussions are casually called “dings” or “getting your bell rung.” No matter what you call it, it is important to get your child examined by a physician!

What are signs and symptoms of a concussion?

**Visit the doctor or go to the Emergency Room IMMEDIATELY if your child is experiencing:**

- Increasing confusion
- Severe, worsening or persistent headache
- Multiple vomiting episodes
- Difficulty waking up
- Trouble walking
- Seizure
- Strange behavior
- Weakness
- Loss of or sudden change in vision
- One pupil is larger than the other
- Losing consciousness

**Visit the doctor within a few days if your child is experiencing:**

- Feeling dazed, dizzy or confused
- Forgetting what happened around the time of the injury
- Headache
- Nausea
- Sensitivity to light/noise
- Trouble concentrating, difficulty remembering, slowed thinking
- Emotional changes: irritability, sadness, anxiety, etc.

What happens if your child goes back to sports too soon after a concussion?

While most young people recover from a single concussion, everyone’s recovery is unique. If an athlete returns to activity before the symptoms have gone away, concussions can result in prolonged headaches, poor school performance and many other post-concussive syndrome symptoms. Also, another blow to the head while the initial concussion is still healing can occasionally result in fatal brain swelling—a condition known as second impact syndrome.
What can you do to help your child get better?

1) See a doctor experienced in treating concussions.

2) Take it easy! *
   - Rest from all exercise and athletic activities.
   - Rest from texting, email, computer time, phone calls, loud music/TV/movies and video games.
   - Rest from intense studying and reading, as directed by your doctor.
   - Needing more rest than usual after a concussion is normal. So whenever your child feels tired, take a break or a short nap.

3) Be safe and smart! *
   Until your child is feeling better he or she should not do anything that may cause another fall or brain injury. Initially that means no activities like riding a bike, skateboarding, sports or other activities.

4) Break things down into easy steps. *
   After a concussion, it may be harder to concentrate or pay attention. So, rather than studying for an hour straight, have your child study for 30 minutes (or less) at a time, take a break and then study for another 30 minutes.

* Not intended to replace the consultation of a licensed physician. You should always consult your doctor when a concussion is suspected.

When can your child go back to sports safely?
Once all of the symptoms are gone, a doctor will evaluate your child and determine readiness to return to sports. Your child will be evaluated with tests of memory, concentration, balance and more.

Why should you choose Medics on the Ball for your event?

- Experienced, Professional Medics
- Complete array of equipment, including
  - Two Radios
  - BLS Medical Equipment with Oxygen
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- King-Devick® Baseline Concussion Testing
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