**Concussion and Head Injury Information Sheet**

1. Head injuries and their potential consequences.
   1. The severity of a traumatic brain injury (TBI) may range from “mild” (i.e., a brief change in mental status or consciousness) to “severe” (i.e., an extended period of unconsciousness or amnesia after the injury).
   2. A TBI can cause a wide range of functional short- or long-term changes affecting: Thinking (i.e., memory and reasoning); Sensation (i.e., sight and balance); Language (i.e., communication, expression, and understanding); and Emotion (i.e., depression, anxiety, personality changes, aggression, acting out, and social inappropriateness).
   3. A TBI can also cause epilepsy and increase the risk for conditions such as Alzheimer’s disease, Parkinson’s disease, and other brain disorders.
   4. About 75% of TBls that occur each year are concussions or other forms of mild TBI. Repeated mild TB ls occurring over an extended period of time can result in cumulative neurological and cognitive deficits. Repeated mild TBls occurring within a short period of time (i.e., hours, days, or weeks) can be catastrophic or fatal.
2. The signs and symptoms of a concussion.Symptoms usually fall into four categories:
   1. Thinking/Remembering: Difficulty thinking clearly; Feeling slowed down; Difficulty concentrating; Difficulty remembering new information.
   2. Physical: Headache, fuzzy or blurry vision; Nausea or vomiting (early on); Sensitivity to noise or light, balance problems; Feeling tired, having no energy.
   3. Some of these symptoms may appear right away. Others may not be noticed for days or months after the injury, or until the person resumes their everyday life. Sometimes, people do not recognize or admit that they are having problems. Others may not understand their problems and how the symptoms they are experiencing impact their daily activities.
   4. The signs and symptoms of a concussion can be difficult to sort out. Early on, problems may be overlooked by the person with the concussion, family members, or doctors. People may look fine even though they are acting or feeling differently.
   5. Some of these symptoms may appear right away. Others may not be noticed for days or months after the injury, or until the person resumes their everyday life. Sometimes, people do not recognize or admit that they are having problems. Others may not understand their problems and how the symptoms they are experiencing impact their daily activities.
3. Best practices for removal of an athlete from an athletic activity after a suspected concussion.
   1. Remove athlete from play.
   2. Keep athlete out of play the day of the injury. The athlete should be seen by a healthcare provider.
   3. Do not try to judge the injury yourself. Only a healthcare provider should assess an athlete for a possible concussion.
4. Steps for returning an athlete to school and athletic activity after a concussion or head injury.
   1. The athlete should return to play only with permission from a health care provider who is experienced in evaluating for concussions.
   2. Ask the health care provider for written instructions on helping the athlete return to school and return-to-play.
   3. Give the instructions to the school nurse and teacher(s) and the return-to-play instructions to the coach and/or athletic trainer.  
      CDC Heads Up Awareness Program:
   4. <https://www.cdc.gov/headsup/index.html>
   5. <https://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=201520160AB2007>
   6. <https://cdn4.sportngin.com/attachments/document/419a-1862940/OVERVIEW-Protocols-modified-substitution-rules-regarding-suspected-head-injuries__2_.pdf#_ga=2.193874733.1202207000.1616594004-455438889.1615255449>Yes, we accept reservations. Please call us or book online through our website.