

GETTING YOUR BELL RUNG IS A
CONCUSSION



IT TAKES A TEAM TO
Keep **CONCUSSIONS** on the Sidelines!

RECOGNIZE THE SYMPTOMS

REMOVE ATHLETE FROM PLAY

REPORT THEM TO A COACH,
ATHLETIC TRAINER OR PARENT

RECOVER COMPLETELY
BEFORE RETURNING TO PLAY

**FREE ONLINE
EDUCATION**

www.MichiganNeuroSport.com



Concussion Fact Sheet | Pledge Form | Report to Parent | BRAIN Protocol

MNEURO  SPORT

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1 OR MORE OF THESE MAY = CONCUSSION:

May not appear for **MINUTES, HOURS, DAYS** or **UNTIL CHALLENGED** (physically **OR** mentally)

- Headache
- Pressure in the Head
- Nausea or Vomiting
- Dizziness
- Vision Changes
- Confusion
- Sensitive to Light or Noise
- Feeling Sluggish or Groggy
- Behavior or Personality Changes
- Knocked Out (even briefly)
- Answers Questions Slowly
- Moves Clumsily

DANGER SIGNS = IMMEDIATE MEDICAL ATTENTION:

- Seizure
- Vomiting
- Neck Pain
- Slurred Speech
- Symptoms Get Worse
- Increasing Sleepiness
- Trouble Recognizing People or Places
- Weakness in Arms or Legs

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IT TAKES A TEAM TO Keep **CONCUSSIONS** on the Sidelines!

With proper recognition & management YOU can prevent
permanent brain injury & death



C.S. Mott Children's Hospital
Pediatric Trauma Program



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University of Michigan
Health System