

# HEADS UP CONCUSSION

For High School  
**COACHES**

## HOW CAN I TELL IF AN ATHLETE HAS A CONCUSSION?

Athletes who show or report one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion or other serious brain injury.

### SIGNS OBSERVED BY COACHES OR PARENTS

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can't recall events prior to or after a hit or fall.



### SYMPTOMS REPORTED BY ATHLETES

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.



### NOTE:

Concussion symptoms usually show up soon after the injury, but some symptoms may not be noticed or may not show up for hours or days.

# WHAT SHOULD I DO IF I THINK AN ATHLETE HAS A POSSIBLE CONCUSSION?

As a coach, if you think an athlete may have a concussion, you should:



**1** Remove the athlete from play.

**2** Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a health care provider. Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion.

**3** Record and share information about the injury, such as how it happened and the athlete's symptoms, to help a health care provider assess the athlete.

**4** Inform the athlete's parent(s) or guardian(s) about the possible concussion and refer them to CDC's website for concussion information.

**5** Ask for written instructions from the athlete's health care provider about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:

- Be back to doing their regular school activities.
- Not have any symptoms from the injury when doing normal activities.
- Have the green-light from their health care provider to begin the return to play process.

To learn more, go to [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)



You can also download the CDC *HEADS UP* app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

**IT'S BETTER TO MISS ONE GAME,  
THAN THE WHOLE SEASON.**



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control