Athletes who experience 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.

**SIGNS OBSERVED BY COACHING STAFF**
- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of 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 hit or fall
- Can’t recall events after hit or fall

**SYMPTOMS REPORTED BY ATHLETE**
- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

**ACTION PLAN**

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 healthcare provider.** Do not try to judge the severity of the injury yourself. Only a healthcare 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 healthcare 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 healthcare 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 their regular activities (such as school).
- Not have any symptoms from the injury when doing regular activities.
- Have the green-light from their healthcare provider to begin the return to play process.

For more information, visit www.cdc.gov/HEADSUP

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