CONCUSSION IN YOUTH SPORTS
Information for Parents

SIGNS & SYMPTOMS
If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

SIGNS OBSERVED BY PARENTS OR GUARDIANS

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

SYMPTOMS REPORTED BY THE ATHLETE

- Headache or “pressure” in the 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
- Does not “feel right”

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAD A CONCUSSION?

1. Seek medical attention right away.
   A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.

2. Keep your child out of play.
   Concussions take time to heal. Don’t let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. Tell your child’s coach about any recent concussion.
   Coaches should know if your child had a recent concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

IMPORTANT PHONE NUMBERS
FILL IN THE NAME AND NUMBER OF YOUR LOCAL HOSPITAL(S) BELOW:

Hospital Name: _______________________________
Hospital Phone: _______________________________
Hospital Name: _______________________________
Hospital Phone: _______________________________

For immediate attention, CALL 911

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

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