What is a concussion?
A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How can I help keep my teens safe?
Sports are a great way for teens to stay healthy and can help them do well in school. To help lower your teens’ chances of getting a concussion or other serious brain injury, you should:

• Help create a culture of safety for the team.
  > Work with their coach to teach ways to lower the chances of getting a concussion.
  > Emphasize the importance of reporting concussions and taking time to recover from one.
  > Ensure that they follow their coach’s rules for safety and the rules of the sport.
  > Tell your teens that you expect them to practice good sportsmanship at all time.

• When appropriate for the sport or activity, teach your teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no “concussion-proof” helmet. Even with a helmet, it is important for teens to avoid hits to the head.

How can I spot a possible concussion?
Teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs observed by parents
• Appears dazed or stunned
• Is confused about events
• Answers questions slowly
• Repeats questions
• Can’t recall events prior to the hit, bump, or fall
• Can’t recall events after the hit, bump, or fall
• Loses consciousness (even briefly)
• Shows behavior or personality changes
• Forgets an instruction or assignment

Symptoms reported by teens
• Headache or “pressure” in head
• Nausea or vomiting
• Balance problems or dizziness
• Blurry or double vision
• Sensitivity to light or noise
• Feeling sluggish, hazy, foggy, or groggy
• Difficulty concentrating or remembering
• Just not “feeling right” or “feeling down”

Talk with your teens about concussion.
Tell them to report their concussion symptoms to you and their coach right away.
What are some more serious danger signs to look out for?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body, and can squeeze the brain against the skull. Call 9-1-1 or take your teen to the emergency department right away if after a bump, blow, or jolt to the head or body he or she has one or more of these danger signs:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

To learn more, go to cdc.gov/HEADSUP

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