U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

ocked out.

an be serious even if you've just been "dinged"

cussion. Second

or later concussions can cause damage to your

brain. It is important to rest until you get

- Difficulty paying attention
- Memory problems

equipment, including

personal protective equipment (such as helmets,

padding, shin guards, and eye

INK

> The right equipment for the game, position, or activity

> Worn correctly and fit well

ur parents. Never

WHAT SHOULD I DO IF I T

I HAVE A CONCUSSION.

- **Tell your coaches and y**

ignore a cut, rip or blo

A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a b[illegible] injury. Concus[illegible]s are caused [illegible]

HOW CAN YOU HELP [illegible] PREVENT A CONCUSSION?

[illegible] the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, [illegible] or if you notice the symptoms yourself, seek medical attention right away.

- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their sport (helmets, mouthpiece, mouth guards, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly and be worn consistently and correctly.

Learn the signs and symptoms of a concussion.

YOUR CHILD HAS A CONCUSSION

Appears dazed or stunned

- Is confused about assignment or position

[illegible] health care professional will be able to decide how serious the concussion is and when it is safe for your child [illegible]

[illegible] or personality changes

[illegible] Clear the mind to allow [illegible]

[illegible]

- Double or blurry vision
- Sensitivity to light

5. Tell your child's coach about any recent concussions.