

Health Sciences Charter School



Department of Interscholastic Athletics

Concussion Management / Head Injury / Mild Traumatic Brain Injury

Signs and Symptoms of Concussions / Head Injury

Please review the following information on understanding concussions, their symptoms, prevention, and resources that can assist in guiding you through the process in the event a head injury occurs.

Concussion Defined	Symptoms	Prevention	Resources
<p>A concussion is a type of traumatic brain injury (TBI) which alters the functioning of the brain. A concussion can occur with any bump, blow, or jolt to the head or body that causes the brain to quickly move back and forth. Concussions can also occur as a result of a fall, motor vehicle accident, accident on a playground, during athletic participation, or during many other activities or forms of recreation. All concussions, no matter how seemingly minor are very serious and need to be evaluated by a health care professional.</p>	<ul style="list-style-type: none">➤ Headache or sustained pressure in the head➤ Nausea and / or vomiting➤ Dizziness and or problems with balance➤ Blurry vision or double vision➤ Sensitivity to light and / or noise➤ A consistent feeling of “fogginess”➤ Difficulty concentrating➤ Difficulty remembering➤ Loss of consciousness➤ Glazed look on the student➤ Student appearing dazed or out of sorts	<p>Below are ways to help reduce the risk of sustaining a concussion</p> <ul style="list-style-type: none">➤ Wear a seatbelt whenever traveling in a motor vehicle of any kind➤ Wear appropriate safety equipment when biking, skiing, snowboarding, or participating in other impact activities of any kind➤ Learn and follow the rules of the sport or activity you are participating in➤ Understand how to wear all safety or sports equipment properly before practicing or competing	<p>http://www.nysphsaa.org/safety/</p> <p>http://bianvs.org/children.htm</p> <p>http://www.nysphsaa.org/safety/pdf/StudentParentConcussionInformation.pdf</p>