

Proper Procedures for Handling Apparent Concussions

ACTION PLAN

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow the athlete to return to play only with permission from an appropriate health care professional.

SIGNS AND SYMPTOMS

These signs and symptoms may indicate that a concussion has occurred:

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

Symptoms Reported by Athlete

- * Headache
- * Nausea
- * Balance problems or dizziness
- * Double vision or fuzzy vision
- * Sensitivity to light or noise
- * Feeling sluggish
- * Feeling foggy or groggy
- * Concentration or memory problems
- * Confusion

Information provided by the Department of Health and Human Services Centers for Disease Control and Prevention.