

CONCUSSION

CONCENTRATION HELMET BRAIN snowboarding SEATBELT SPEECH help TREATMENT
MEMORY health TRAUMA PREVENTION ANYONE ANYWHERE ANYTIME ATHLETES
helmet INJURY TRAUMA HOCKEY FOOTBALL KIDS ANYONE ANYTIME ATHLETES
INJURY BALANCE PERSONALITY TEENS SPORTS SAFEGUARD BASED BUSINESS risk HEADACHE concussion traumatic CLUMSINESS RECOVERY EMOTIONS Concussions over head never Subconcussive

If an athlete has a concussion:

- Remove him or her from play
- Inform parents/guardians of the injury
- Ensure the athlete is evaluated by a doctor
- Keep out of play until a doctor approves his or her return

CALL 911 or go to the EMERGENCY ROOM if the athlete experiences any of the following:

- Blood or clear fluid draining from nose or ears
- Weakness, numbness, or tingling in limbs
- Loss of consciousness
- Severe headache
- Trouble walking
- Slurred speech
- Double vision
- Vomiting
- Dizziness
- Agitation
- Confusion
- Seizure

**A CONCUSSION IS A
BRAIN INJURY...
TAKE IT SERIOUSLY!**

Symptoms may not show up for days, weeks, or months. See your child's doctor if you notice any of these changes after the injury:

For more info:

See www.headsafetytexas.org

Texas Office of Acquired Brain Injury

512-706-7191

OABI@hhsc.state.tx.us

Brain Injury Association of America—Texas Division

512-987-0101

www.biausa.org/Texas

The Texas TBI Program is supported in part by Project # H21MC6375 from the Dept. of Health and Human Services (DHHS) Health Resources and Services Administration, Maternal and Child Health Bureau, Federal TBI Program.

- Change in personality, behavior, or mood
- Sleep disturbances
- Sensitivity to light and noise
- Headaches or neck pain that won't go away
- Changes in school performance
- Concentration or memory problems