

# CONCUSSIONS IN HIGH SCHOOL SPORTS

## What is a concussion?

A concussion is a brain injury that:

- ✓ Is caused by a bump, blow, or jolt to the head
- ✓ Can change the way your brain normally works
- ✓ Can range from mild to severe
- ✓ Can occur during practices or games in any sport
- ✓ Can happen even if you haven't been knocked out
- ✓ Can be serious even if you've just been "dinged" or had your "bell rung"

## What are the symptoms of a concussion?

Nausea (feeling that you might vomit)

Balance problems or dizziness

Double or fuzzy vision

Sensitivity to light or noise

Headache

Feeling sluggish

Feeling foggy or groggy

Concentration or memory problems (forgetting game plays)

Confusion

Source: Department of Health and Human Services; Centers for Disease Control and Prevention