

## DEPARTMENT OF HEALTH AND HUMAN SERVICES CENTERS FOR DISEASE CONTROL AND PREVENTION

## SIGNS AND SYMPTOMS\*

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

Signs Observed by Coaching Staff	Symptoms Reported by Athlete	
Appears dazed or stunned	Headache	
Is confused about	Nausea	
assignment	Balance problems or	
Forgets plays	dizziness	
Is unsure of game, score, or opponent	Double or fuzzy vision	
Moves clumsily	Sensitivity to light	
Answers questions slowly	or noise	
Loses consciousness	Feeling sluggish	
Shows behavior or personality changes	Feeling foggy or groggy	
Can't recall events prior to hit	Concentration or memory problems	
Can't recall events after hit	Confusion	

<sup>\*</sup>Adapted from: Lovell MR, Collins MW, Iverson GL, Johnston KM, Bradley JP. Grade 1 or "ding" concussions in high school athletes. The American Journal of Sports Medicine 2004;32(1):47–54.

## **ACTION PLAN**

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

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

	IMPORTANT PHONE NUMBERS
Emerge Name:	ency Medical Services
Phone:	
Health Name:	Care Professional
Phone:	
<b>School</b> Name:	Staff Available During Practice
Phone:	
School Name: Phone:	Staff Available During Games