# CONCUSSION

# SIGNS AND TIPS FOR PARENTS AND COACHES

In advance, learn to recognize the symptoms of a concussion:

# **VISIBLE CLUES**



Trouble with balance



Clutching head



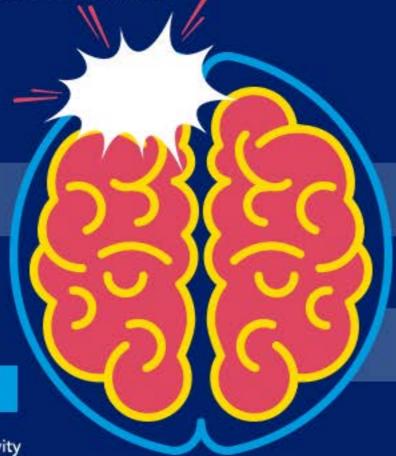
Dazed, blank or vacant look

#### IF YOU SUSPECT A CONCUSSION

- Remove the child from physical or cognitive activity immediately
- If a medical professional isn't onsite, consider transporting by ambulance
- Assess the child for symptoms related to concussion
- Watch for possible symptoms to evolve and take a child who shows symptoms to a health care professional
- Do not return a child to a sport the same day



childrensMN.org/concussion



# SIGNS AND SYMPTOMS



General confusion



Seeing stars, flashing or dark spots



Blurred or double vision



Slurred speech



Headache, dizziness and nausea

# **SEEK ADDITIONAL CARE IF:**



- 💢 Excessive sleepiness, hard to stay awake
- X Vomiting, especially if more than once
- X Severe headache that doesn't go away with rest or medication
- X Loss of consciousness for more than one minute
- X Confusion lasting more than 15 minutes
- X Any seizure activity

Seek emergency care at a facility that has imaging capabilities, such as a CT scan. An urgent care may not have those capabilities.