

Brookfield Academy - UNDERSTANDING CONCUSSION

Table with 5 columns: Headache, Balance Problems, Sensitive to Noise, Poor Concentration, Not "Feeling Right".

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth.

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

IF YOU SUSPECT A CONCUSSION:

- 1. SEEK MEDICAL ATTENTION RIGHT AWAY - A health care professional will be able to decide how serious the concussion is...
2. KEEP YOUR STUDENT OUT OF PLAY - Concussions take time to heal. Don't let the student return to play...
3. TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION - Schools should know if a student had a previous concussion.

SIGNS OBSERVED BY PARENTS:

- Appears dazed or stunned
• Is confused about assignment or position
• Forgets an instruction
• Can't recall events prior to or after a hit or fall
• Is unsure of game, score, or opponent
• Moves clumsily
• Answers questions slowly
• Loses consciousness (even briefly)
• Shows mood, behavior, or personality changes

CONCUSSION DANGER SIGNS:

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
• Is drowsy or cannot be awakened
• A headache that gets worse
• Weakness, numbness, or decreased coordination
• Repeated vomiting or nausea
• Slurred speech
• Convulsions or seizures
• Cannot recognize people/places
• Becomes increasingly confused, restless or agitated
• Has unusual behavior
• Loses consciousness (even a brief loss of consciousness should be taken seriously.)

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion.

Remember: Concussions affect people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days or even weeks.

To learn more, go to www.cdc.gov/concussion.

CUT HERE

Parents and Students Must Sign and Return the Educational Material Acknowledgement Form

Brookfield Academy - CONCUSSION AWARENESS EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

Return this signed form to YOUR CHILD'S SCHOOL. This form must be kept on file for the duration of participation or until the age 18.

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and/or the Concussion Fact Sheet for Students provided by Brookfield Academy.

Participant Name Printed

Parent or Guardian Name Printed

Participant Name Signature

Parent or Guardian Name Printed

Date

Date

