

Concussion

WHAT IS IT?

A concussion occurs when there is trauma to the brain that alters brain function. It can happen from directly hitting your head, or indirectly if the head and upper body are abruptly shaken. In most cases the effects are temporary.

WHAT CAUSES IT?

Due to an external force, the brain, which is usually padded by cerebral spinal fluid, slides back and forth, hitting the inside of the skull. This injury can cause bruising or swelling around the brain.

WARNING

- Anyone who experiences a head injury should be evaluated by a healthcare provider.
- Suffering a second concussion shortly after the first can be fatal
- The American Academy of Neurology warns coaches, trainers, athletes and parents against the “toughing it out” or “playing hurt” attitude.
- Follow the recommendations of your health care provider!

SYMPTOMS (MAY INCLUDE, BUT NOT LIMITED TO)

- Headache
- Temporary loss of consciousness
- Confusion or feeling “in a fog”
- Dizziness or “seeing stars”
- Ringing in the ears
- Nausea
- Vomiting
- Changes to speech
- Delayed reaction or response to questions
- Appearing dazed
- Fatigue

WHEN TO SEEK IMMEDIATE CARE

- Seizure
- Repeated vomiting
- Loss of consciousness >30 seconds
- Changes in mood or behavior
- Changes in coordination
- Changes in speech or vision
- Confusion or disorientation

TREATMENT

- Follow the treatment plan as advised by your provider. Often rest is the most important way to allow for recovery. Make sure you are cleared by a provider before resuming physical activities and mental stimulation.

The information presented here is not intended to be used for the diagnosis of a health problem or as a substitute for consulting a licensed medical professional. When using an Over-the-Counter medication please be sure to follow the package instructions. [Contact Health Services](#) if you have any additional questions, concerns or to make an appointment.