



Concussions and School-Aged Children

1. What is a Concussion?

- An injury to the brain, usually caused by a blow or jolt to the head, which interrupts normal brain function.
- With many, but not all concussions, a child is knocked out or unconscious.

2. When can a concussion occur?

- During sports, especially collision sports, such as hockey, football, soccer, basketball and wrestling
- During physical activities such as bike riding, playing on playground equipment, or skateboarding
- Concussions can occur anytime there is a collision with the ground or other hard contact surface, or with an object such as a ball

3. What are the symptoms of a concussion?

- Headache
- Nausea or vomiting
- Dizziness
- Blurry vision
- Sensitivity to light and/or noise
- Trouble concentrating or remembering
- Changes in mood
- Drowsiness
- Sleeping more than normal or having trouble sleeping

4. What do I do if I suspect my child has a concussion or has had a blow to the head?

- Seek medical treatment immediately! Do not allow your child to continue an activity until they have been evaluated by a doctor.

5. How can concussions be prevented?

- Children should always wear helmets during any riding activities and contact sports. Make sure the helmets fit and are in good condition.
- Practice safe playing techniques during sports and every day physical activity
- Talk to your children about concussions. Communicate how important it is to let their coach or you know if they have hit their head and are experiencing symptoms of a concussion.

6. Where can I find out more?

Seek American Academy of Pediatrics: Sports-related Injuries: <http://bit.ly/1oYGi3V>



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