

KNOW what to do in case of suspected concussion.

A concussion is an injury caused by a blow to the head in which the brain moves rapidly and may collide with the inside of the skull. Even a minor fall or collision may be of concern, so be alert to symptoms such as headaches, unsteadiness, confusion or other types of abnormal behavior. Any athlete with a suspected concussion:

- ▶ Should be IMMEDIATELY REMOVED FROM PLAY/ACTIVITY
- ▶ Should be evaluated right away by a doctor/healthcare professional
- ▶ Should not be left alone
- ▶ Should not drive a motor vehicle

Signs to watch for

Problems could arise over the first 24-48 hours. You should not be left alone and must go to a hospital at once if you:

- ▶ Have a headache that gets worse
- ▶ Are very drowsy or can't be awakened (woken up)
- ▶ Can't recognize people or places
- ▶ Have repeated vomiting
- ▶ Behave unusually or seem confused; are very irritable
- ▶ Have seizures (arms and legs jerk uncontrollably)
- ▶ Have weak or numb arms or legs
- ▶ Are unsteady on your feet; have slurred speech

www.ChildrensAL.org/concussion



Your coach, athletic trainer or parent should seek IMMEDIATE medical attention if:

- ▶ You become unconscious or unresponsive
- ▶ You have a seizure
- ▶ Your headache becomes worse over time
- ▶ Any of your symptoms become worse over time



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HOME CARE

REST Rest allows your body and your brain to rest until symptoms have cleared. This may take days to weeks depending on the severity of the injury. If activities such as reading or watching TV worsen symptoms, avoid those activities as well.

SLEEP Sleeping is encouraged. You do not have to be awakened throughout the night; however, having your parents check on you periodically is recommended.

MEDICATION If the headache is bad enough to require medicine, you may have Tylenol (acetaminophen). After 2 days, ibuprofen may be taken (unless otherwise instructed by your doctor). Check the bottle for dose and frequency.

DIET You may feel nauseated due to the injury. Clear fluids and bland foods such as bananas, rice and toast are easy on the stomach and may allow you to eat without vomiting.

SPECIAL PRECAUTIONS Your parents should check on you periodically during the night for the 12 hours following the injury to make sure you are responsive and breathing normally.

RETURN TO PLAY ... IT'S THE LAW

Medical clearance by a licensed PHYSICIAN must be given before return to play.

After first receiving medical guidance/clearance, follow the guidelines below for return to activity. Allow approximately 24 hours (or longer) for each stage. If symptoms return with each new step, you should follow up with a concussion specialist.

Step-by-Step Return to Activity

- 1 No activity and rest until symptom free
- 2 Light aerobic exercise (i.e., light jogging, swimming)
- 3 Sport-specific exercise (running, throwing, kicking drills, etc.)
- 4 Non-contact training (to include resistance exercises/weight training)
- 5 Full-contact practice
- 6 Normal game play (after medical clearance)

Remember: It is better to be safe. Consult your doctor after a suspected concussion.

CONCUSSION CLINIC 205.934.1041

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KNOW the Alabama Law. Stay ahead of concussion.

Concussion Facts

- ▶ A concussion is caused by a blow or motion to the head, neck or body that causes the brain to move rapidly inside the skull. A concussion can happen to anyone and can happen during practice or play in any sport or any athletic activity.
- ▶ The U.S. Centers for Disease Control and Prevention (CDC) estimates that close to 4 million sports- and recreation-related concussions occur each year.
- ▶ Concussions can result in a number of physical, cognitive/ thinking, mood and sleep symptoms. While loss of consciousness can occur, it's important to know that you can still get a concussion even if you don't lose consciousness.
- ▶ Alabama passed its own Sports-Related Concussion Law in June 2011



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What does the Alabama law say?

- ▶ Each local school system and community sport or recreational organization must develop guidelines as well as educational materials (e.g., forms) to distribute to youth athletes and their parents or guardians. Materials must cover the nature and risk of concussion and brain injury, especially with continuing to play after a suspected concussion or brain injury.
- ▶ A concussion and head injury information sheet must be reviewed, signed and submitted by the youth athletes and their parent or guardian prior to any practice or competition.
- ▶ Each local school system and community sport or recreational organization must ensure that coaches undergo annual training to learn how to recognize concussion symptoms and to seek proper medical treatment.
- ▶ Each local school system and community sport or recreational organization must establish, by rule, their training requirements and, to the extent possible, ensure that all coaches complete the training before the beginning of the team practice.
- ▶ If a youth athlete is suspected of having a concussion or brain injury during practice or competition, they must
 - ▶ Be **IMMEDIATELY REMOVED FROM PLAY**
 - ▶ Not return to play the day of the injury AND
 - ▶ Not return until they have been evaluated and have received written clearance to return to play from a licensed PHYSICIAN.