Concussions are a form of traumatic brain injury and are caused by a blow or jolt to the head or body that causes the brain to shake inside the skull. They are common in many sports, especially ice hockey, football, soccer, and basketball.

Symptoms may include dizziness, confusion, nausea, vomiting, headache, difficulty concentrating, difficulty remembering things, clumsy movements, loss of consciousness, and/or mood changes.

Caution!
Concussions require medical attention. The athlete must not return to play until he or she is cleared by a health care professional.

How is it treated?
• Remove the athlete from play and have him or her rest.
• Apply an ice pack to the affected area.
• Ensure the athlete is evaluated by an appropriate health care professional.

Find More Information
• American Association of Neurological Surgeons: http://bit.ly/O7b9gU
• CDC Information for Coaches: http://1.usa.gov/1kOYtsZ
• CDC Information for Athletes: http://1.usa.gov/1Jcd3B9
• CDC Information or Parents: http://1.usa.gov/1kmK98e
• Mayo Clinic: http://mayocl.in/OoxE0t
• Medline Plus: http://1.usa.gov/1gnwtsK