

## Concussion Fact Sheet for Schools

Concussion is a brain injury caused by trauma which may or may not be accompanied by a loss of consciousness. All concussions, even mild ones, are serious injuries. Concussions temporarily interfere with the way the brain works and can affect memory, judgment, reflexes, speech, balance and coordination. It is important to both recognize and manage concussions properly to prevent further injury.

### Signs and Symptoms of Concussion

The following signs and symptoms can help to identify possible concussion. A concussion is possible with one or more symptoms noted.

Symptoms reported by student	Signs observed by staff	Questions used to identify signs and symptoms
Headache	Appears dazed, stunned or confused	What is your name?
Nausea or vomiting	Moves clumsily	Where are you right now?
Dizziness or balance problems	Answers questions slowly or incoherently	What day of the week is it? What month is it?
Vision problems	Loses consciousness	What were you doing right before you got hurt?
Feeling sluggish or foggy	Shows behavior/personality changes	What were you doing right after you got hurt?
	Forgets events before or after injury	

### Management of Head Injuries at School

Do not move student if neck or back injury is suspected or if student fell from a height

Call 911 if:

- Blood or watery fluid draining from ears or nose
- Unequal or dilated (large) eye pupils
- Student is dazed, confused, has a blank stare
- Student has slurred speech that is difficult to understand
- Student has loss of consciousness or seizures

Call parent for any head injury, send home head injury letter and advise to call MD.

If child returns to class, re-evaluate in 2 hours.

**A CONCUSSION IS A BRAIN INJURY  
TAKE IT SERIOUSLY**