

# Concussion Awareness, Response, and Management

A concussion is a brain injury and should be taken seriously.

If you suspect a concussion, please report it to the principal and child's parent/guardian.



A significant impact or motion to the head or body that can cause the brain to move inside the skull

**STOP**

**REMOVE FROM ACTIVITY IMMEDIATELY AND ASSESS FOR RED FLAGS**



CONCUSSION AWARENESS TRAINING TOOL

## RED FLAGS

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Neck pain or tenderness | <input type="checkbox"/> Weakness or tingling/burning in arms or legs | <input type="checkbox"/> Deteriorating conscious state                 |
| <input type="checkbox"/> Double vision           | <input type="checkbox"/> Severe or increasing headache                | <input type="checkbox"/> Vomiting                                      |
| <input type="checkbox"/> Seizure or convulsion   | <input type="checkbox"/> Loss of consciousness                        | <input type="checkbox"/> Increasingly restless, agitated, or combative |

**IF YES TO ANY OF THE ABOVE:**  
Call an ambulance or seek immediate medical care

**IF NO TO ALL RED FLAGS:**  
Assess for signs and symptoms of concussion

## FOLLOW MEDICAL ADVICE, AND:

Follow initial recovery protocol of physical and cognitive rest (2 days max):

- Limited screen time (computers, TV, smartphones)
- Limited cognitive activity (reading, schoolwork)
- Limited physical activity

**Note:** Sleep is important! Do not wake during the night if sleeping comfortably

## CONCUSSION SIGNS AND SYMPTOMS

- |  |   |
|--|---|
| <input type="checkbox"/> Headache                | <input type="checkbox"/> Irritability             |
| <input type="checkbox"/> Dizziness               | <input type="checkbox"/> Fogginess                |
| <input type="checkbox"/> Nausea                  | <input type="checkbox"/> Fatigue                  |
| <input type="checkbox"/> Blurred vision          | <input type="checkbox"/> Difficulty concentrating |
| <input type="checkbox"/> Light/Sound sensitivity | <input type="checkbox"/> Poor memory              |
| <input type="checkbox"/> Imbalance               | <input type="checkbox"/> Neck pain                |
| <input type="checkbox"/> Ringing in the ears     | <input type="checkbox"/> Sadness                  |
| <input type="checkbox"/> Seeing "stars"          | <input type="checkbox"/> Confusion                |

**IF YES TO ANY OF THE ABOVE:**  
SEEK MEDICAL ATTENTION from a licensed healthcare professional (physician/nurse practitioner \*)  
\* If applicable in your area

**IF NO SYMPTOMS:**  
Limit physical activity and watch for concussion signs and symptoms for up to 48 hours

**IF SYMPTOMS OBSERVED WITHIN 48 HOURS**

**IF NO SYMPTOMS OBSERVED AFTER 48 HOURS**

## AFTER 48 HOURS:

Follow Return to Activity protocol  
Follow Return to School protocol  
Follow Return to Sport protocol

## MENTAL HEALTH

During the course of recovery from a concussion, seek medical attention for mental health challenges as needed, such as:

<input type="checkbox"/> More emotional	<input type="checkbox"/> Nervousness or anxiousness
<input type="checkbox"/> Irritability	<input type="checkbox"/> Trouble falling asleep
<input type="checkbox"/> Sadness	<input type="checkbox"/> Depression

**RESUME NORMAL ACTIVITY**

For more information on concussions, visit [cattonline.com](http://cattonline.com).