



Concussion Facts

What is a concussion? A concussion is a traumatic brain injury caused by a direct or indirect impact to the head that results in disruption of normal brain function, which may or may not result in loss of consciousness. It can occur from a fall, a blow to the head, or a blow to the body that causes the head and the brain to move quickly back and forth.

How do I recognize a concussion? There are many signs and symptoms a student may experience following a concussion that can affect their thinking, emotions or mood, physical abilities, or sleep.

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headaches	Irritability	Difficulty falling asleep
Feeling slowed down	Dizziness	Sadness	Sleeping more than usual
Difficulty concentrating	Fuzzy or Blurred vision	More emotional than usual	Sleeping less than usual
Difficulty remembering new information	Sensitivity to light	Feeling nervous	
	Sensitivity to noise	Feeling anxious	
	Balance problems		
	Nausea/Vomiting		

Table from Centers for Disease Control and Prevention (<http://cdc.gov/concussion/>)

What should I do if I think a student has sustained a concussion? If you suspect a student is experiencing any of the signs and symptoms listed above, you immediately notify their parent or guardian. Student should not be allowed to participate in PE, ROTC or athletics. The school counselor and/or school nurse should also be notified so that Return to Learn and Return to Play protocols can be implemented (per physician order).

What are roles and responsibilities of school staff? It is important to communicate information per RCS Concussion Management protocols for Return to Learn and Return to Play. Teachers should follow the temporary academic accommodations and/or Return to Learn accommodations as requested by the student's medical provider. Student should be monitored for worsening signs and symptoms or new signs and symptoms as student progresses through Return to Learn and Return to Play.

What are some of the long-term or cumulative issues that may result from a concussion? Individuals may have trouble in some of their classes at school or even with activities at home. Down the road, especially if their injury is not managed properly, or if they return to play too early, they may experience issues such as being depressed, not feeling well, or have trouble remembering things for a long time. Once an individual has a concussion, he/she is more likely to sustain another concussion.