

What is a concussion?

A trauma induced alternation in mental status that may or may not involve loss of consciousness.

RED FLAGS

Immediate referral to Emergency Room if athlete has signs or symptoms of:

Decreasing level of consciousness – increasing confusion- increasing irritability-

Seizures - pupils unequal in size – Numbness in the arms or legs – Worsening

Headache – Repeated vomiting – Slurred speech or inability to speak – Loss of

fluctuation level of consciousness – Inability to recognize people or places

What to do if you have a concussion?

STOP ALL ACTIVITY!

Report your symptoms to an athletic trainer!

The AT will perform an evaluation to determine if you have a concussion.

If you do have a concussion, you will be given further information.

Our Sports Medicine doctor we use for concussions is

Dr. Gusick, UPMC Susquehanna Sports Medicine

570-321-2020

Concussion Signs and Symptoms

Headache

Pressure in head

Nausea

Dizziness

Blurred Vision

Balance Problems

Sensitivity to light

Sensitivity to noise

Feeling slowed down

Feeling like "in a fog"

Don't feel right

Difficulty concentrating

Difficulty remembering

Fatigue or low energy

Confusion

Drowsiness

More emotional

Irritability

Sadness

Nervous or anxious

Trouble sleeping