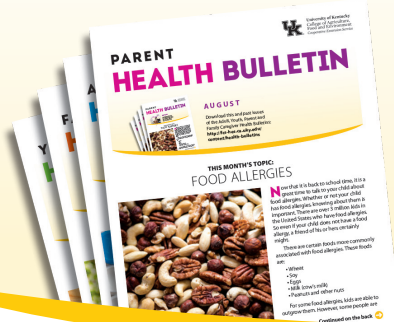




University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

PARENT HEALTH BULLETIN



MAY 2022

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THIS MONTH'S TOPIC:

CARING FOR CONCUSSIONS



Accidents happen. Accidents like a collision while playing sports or even a fall at home. Each year, more than 2 million people in the U.S. visit an emergency room for a traumatic brain injury. The most common type of mild brain injury is a concussion.

What is a concussion?

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells permanently.

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Disabilities
accommodated
with prior notification.

A health-care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.

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How can I spot a possible concussion?

If your child has experienced a bump or blow to the head during a game, practice, or while playing with friends, look for any of the following signs and symptoms of a concussion.

Signs observed by parents or guardians

- Is confused about assignment or position
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events before hit or fall
- Can't recall events after hit or fall
- Appears dazed or stunned

Symptoms reported by youth

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or confusion
- Does not "feel right"

What you should do if you think your child has a concussion:

• Seek medical attention right away.

A health-care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.

- **Keep your child out of play.** Concussions take time to heal. Do not let your child return to play until a health-care professional says it is OK. Children who return to play too soon — while the brain is still healing — risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

- **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion. Your child's coach may



If you think your child has a concussion, seek medical attention right away.

not know about a concussion your child received in another sport or activity unless you tell the coach.

Playing games and different sports are a great way for kids to stay healthy and can help them do well in school. To help lower your child's chances of getting a concussion or other serious brain injury, talk with them about how important it is to keep their brain safe. When appropriate for their sport or activity, teach your child that they must wear a helmet. Tell them to report their concussion symptoms to you and their coach right away.

REFERENCES:

- <https://www.cdc.gov/headsup/pdfs/youthsports/magnet-a.pdf>
- <https://newsinhealth.nih.gov/2020/05/caring-concussions>

PARENT
HEALTH BULLETIN

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