

Notes from the Health Office

Head injuries and concussions are obviously very serious injuries. An estimated 135,000 sports and recreation-related traumatic brain injuries, including concussions, are treated in U.S. emergency departments each year. In times past these were brushed off as fairly minor injuries and individuals were allowed to participate in sports before fully recovered. Fortunately there are new State Laws regarding sports-related head injury and concussions. **Once a child enters middle school and participates in sport activities parents will be required to complete a pre-participation head injury history form and to complete a concussion awareness course before their child can participate in any extracurricular sports activities.** The damage caused by repetitive brain injury includes post-concussion syndrome and second-impact syndrome (repeated injury before the brain has recovered) can result in long-term problems. The following are symptoms of a concussion from the CDC:

Signs and Symptoms of a Concussion observed by a parent or guardian

- Appears dazed or stunned
- Confused about events
- Answers questions slowly
- Repeats questions
- Can't recall event prior or post fall, bump or hit
- Loses consciousness, even briefly
- Shows behavior or personality changes
- Forgetful

Signs and Symptoms of a Concussion Reported by your child or teen

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems/dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Does not "feel right".
- Difficulty thinking clearly
- Difficulty concentrating and remembering
- Feeling sluggish, hazy, foggy or groggy
- Feeling irritable, sad, more emotional (than usual!)
- Feeling nervous
- Drowsy
- Sleeps more or less than usual
- Has trouble falling asleep

To learn more about concussions go to: www.cdc.gov/Concussion

Thank you,
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