

School

CONCUSSION and BRAIN INJURY INFORMATION

*Information for Student Athletes¹ and Parents/Guardians
In Accordance with the Nebraska Concussion Awareness Act.
CDC-based Information*

What Is a Concussion? A concussion is a brain injury caused by a bump, blow or jolt to the head. A concussion can also occur from a fall or a blow to the body that causes the head and brain to move rapidly back and forth. A concussion, which may or may not result in loss of consciousness, disrupts normal brain functions. Even a “ding,” “getting one’s bell rung,” or what seems to be a mild bump or blow can be serious.

What Are the Signs and Symptoms of a Concussion? Many signs may be observed and many symptoms may be felt or experienced when a concussion has occurred. Signs and symptoms can show up right away after the injury or they may not be observed or experienced until later, sometimes days or weeks after the injury. A concussion can affect not only physical responsiveness and abilities, but also thinking and remembering, emotions or mood and sleep.

| SIGNS of a Concussion or Brain Injury (Observed by Coach/Parents/Others) (May not be an exhaustive list) | Symptoms of a Concussion or Brain Injury (Felt/Experienced and Reported by Student Athlete) (May not be an exhaustive list) |
|---|---|
| Loss of consciousness | Headache or “pressure” in head |
| Seizure activity | Nausea or vomiting |
| Dazed or stunned appearance | Dizziness or balance problems |
| Disorientation (as to self, place, time) | Double or blurry vision |
| Confusion | Slurred speech |
| Slurred speech | Feeling sluggish, hazy, foggy or groggy |
| Vacant stare, glassy eyed | Weakness or numbness |
| Slow in answering questions | Fatigue |
| Repetitively asking same question | Drowsiness |
| Easily frustrated | Sensitivity to light or noise |
| Inability to recall events prior to and/or after injury | Difficulty concentrating |
| Clumsy movements | Difficulty remembering |
| Balance problems | Nervousness, anxiety |
| Decreased coordination | Sadness |
| Behavior, mood or personality changes | |
| Emotional instability (abnormal laughing, crying) | |
| Irritability | |