

Concussions on the Field

Prevent. Recognize. React.

Keep this card in your wallet—and give the spare to another parent or a coach. It just may save a child's life someday.

Prepared by

**The Weill Cornell Concussion
and Brain Injury Clinic**

212-746-1112



**Weill Cornell
Medicine**
**Brain & Spine
Center**

weillcornellconcussion.org

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4 signs of a concussion

- 1. Loss of consciousness.** Any player who blacks out, even for a second, may have a concussion and should be seen by a doctor.
- 2. Nausea or vomiting.** These are common reactions to a brain injury, and are signs of concussion.
- 3. Grogginess, clumsiness, or sensitivity to light.** These are also common symptoms of someone who's suffered a concussion.
- 4. Confusion or disorientation.** Ask the player the 4 questions on the next panel to check for symptoms of concussion.

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4 questions to ask if you suspect a concussion

- 1. What team are you playing today, and what's the score right now?** Disorientation is a sign of concussion.
- 2. How did you get to the game today? What time?** Loss of memory from shortly before the injury is a sign of concussion.
- 3. How did you get off the field just now?** Loss of memory from *after* the injury is another sign.
- 4. Do you feel dizzy or nauseated, or do you have a headache or blurry vision?** These are all symptoms of concussion.

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4 things to do when you suspect (or have) a concussion

- 1. Take the player off the field.** If you have any reason to suspect concussion, do not allow the player to return to the game.
- 2. Seek medical attention.** Concussion is not for amateurs—anyone who shows signs of concussion requires a thorough examination.
- 3. Don't go back too soon.** Listen to your doctor's advice about how long to heal before playing again.
- 4. Tell other coaches about it.** If you suffer a concussion, you need to let all your coaches know about it.

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