

Just a Bump on the Head? *Just a Knock on Your Noggin?*



**I don't think so! Concussions are serious business.
Concussions are actually a brain injury.**

Many people (including coaches!) think that you have to black out to have a concussion, but that is not true. If you have an injury to the head and have problems thinking clearly, following conversations, feel dazed or stunned, have a headache, sleep more or less, are dizzy OR have blurry vision, get to a doctor right away.

Parents! It's important to keep your child out of play if you suspect they have a concussion. Returning to the game too soon (while the brain is still healing) can lead to worsening symptoms and may lead to a more serious injury. Also, tell your child's coach about ANY concussion they've received, even if it is in another sport.

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