

Common signs and symptoms of a concussion:

- Headache
- Nausea or vomiting
- Sensitivity to light or noise
- Numbness or tingling
- Overly tired or drowsy
- Dizziness
- Ringing in the ears
- Doubled or blurred vision
- Loss of consciousness
- Loss of balance or troubled walking
- Irritability or more fussy than usual
- More emotional, sad or nervous
- Change in sleeping pattern
- In a fog or not like self
- Trouble thinking clearly or having a hard time concentrating and remembering

What is a concussion?

A concussion is an injury to the brain. This injury to the brain temporarily changes how the brain functions.

How can a person get a concussion?

When the brain impacts the skull. This can be caused by a direct blow to the head or by a hard hit to the neck or body that causes a whiplash effect.

How are concussions diagnosed?

Doctors use a wide variety of tests to evaluate and diagnose who may have a concussion. This testing includes memory, vision, concentration, hearing, balance, coordination, strength, sensation and reflexes.

What is the current treatment for concussions?

Rest, both cognitive and physical, is the best initial treatment. This can be very frustrating and boring, but is needed to help your child heal. Your child should not participate in any physical activities. Your child may need to miss school for a day or two to help promote healing. Make sure your child is drinking plenty of fluid, sleeping regular hours, eating well balanced meals, avoiding video games, texting and prolonged television viewing.

When should I call the doctor?

Call your child's doctor if your child has any new or worsening symptoms.

When can my child return to school or daycare?

Your child needs to stay home from school and daycare following your physician's instructions. If your child is school age, talk with the school nurse or health care services coordinator to make appropriate accommodations for your child's return.

When can my child return to activities and sports?

Your child must STOP all sports and physical activities, including physical education class and recess, until they have been cleared to return to activities following the doctor's instructions. Your child should follow a five day return to play guideline for sports and physical activities.

To make an injury appointment call 513-803-HURT

For more information about concussions or to schedule, please contact the Head Injury Clinic at 513-803-HEAD.

Cincinnati Children's Hospital Medical Center

3333 Burnet Avenue, Cincinnati, Ohio 45229-3039

www.cincinnatichildrens.org



Sports Medicine