Heads Up: Concussions in Sports

Important: This handout has been provided to you by Campus Recreation for information purposes only and should not be considered a replacement for a medical examination or diagnosis.

Signs & Symptoms
Signs observed by campus recreation staff, teammates, etc.
- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to or after a hit or fall

Symptoms reported by athletes:
- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not “feeling right”, or “feeling down”

Severe Concussions: Call 911
Call 911 if one or more of the following danger signs are present:
- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion or restlessness
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

What should I do if I think I have a concussion?
- **Don’t hide it.** When in doubt, sit it out! Tell your friends, roommates, and/or teammates. If you have any of the above symptoms you should not participate in physical activity until you have been evaluated by a medical professional. Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion.
- **Get checked out** if you, your captain, or friends think you may have a concussion. It is your responsibility to contact a healthcare provider.
- **Take time to recover.** If you have had a concussion, your brain needs time to heal. The decision about return to play is a medical decision that should be made by a health care provider.

*This handout was created using information from [https://www.cdc.gov/headsup/](https://www.cdc.gov/headsup/)*