Concussions and Young Athletes

Recognizing a Concussion

**GO TO AN EMERGENCY ROOM**

- Repeated vomiting
- Neck pain
- Seizure activity (convulsions)
- Concern for skull fracture
- Unsteady gait or slurred speech
- Memory difficulties
- Unusual behavior
- Changes in how awake or interactive the individual is
- Loss of consciousness (blacking out) longer than a few seconds
- Severe headache that gets worse over time
- Weakness or numbness in extremities

**SEE A PHYSICIAN**

- Headache
- Nausea
- Fatigue
- Sensitivity to light or noise
- Feeling foggy or slowed down
- Problems concentrating
- Feeling confused
- Irritable disposition
- Anxiety or nervousness
- More emotional than normal

Treating a Concussion

- Rest, rest, and more rest — no activities that involve physical or mental exertion, including playing video games, watching TV, texting, or using a computer
- Stay well hydrated
- No school or schoolwork until headaches start to resolve

If vomiting or worsening headaches occur without any relief, visit an emergency department immediately.

*Expert care from doctors who know growing bodies best:*

For sports-related concussions call (602) 933-3033
For all other concussions call (602) 933-0970