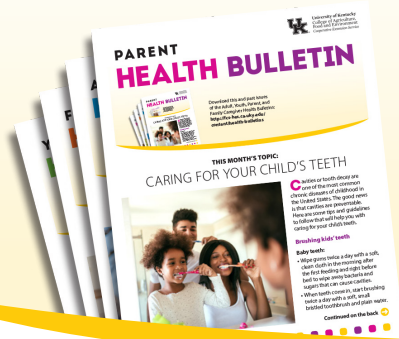


# PARENT

# HEALTH BULLETIN



MARCH 2024

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## THIS MONTH'S TOPIC

# HEADS UP! CONCUSSION AWARENESS



**K**ids and adults alike should enjoy playing sports and being active! Unfortunately, sometimes injuries can occur. One type of injury that parents should watch out for is concussions. A concussion is a kind of brain injury that alters how the brain works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a hit to the body that causes the brain to move back and forth inside the skull. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain. They need to be addressed quickly.

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# If your child experiences a concussion, their brain needs time to heal. They may need to limit activities while recovering.

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One reason that concussions can go undetected is that you cannot see the damage to the brain on the outside of the body. There may not be a large bruise, bump or cut on your child's head, but their brain may still have been damaged and need medical attention. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury.

It is important to watch for changes in how your child is feeling and acting. If their symptoms are getting worse, or if they just don't "feel right." Most concussions occur without losing consciousness. If your child or teen has had even a minor incident and reports one or more of the symptoms of concussion listed below, seek medical attention:



- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events before the hit, bump, or fall
- Can't recall events after hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or big assignments

Children and teens with a suspected concussion should NEVER return to sports or other physical activities on the same day the injury occurred. They should delay returning to their activities until a health-care provider experienced in evaluating for concussion says it's OK to return to play.

If your child experiences a concussion, their brain needs time to heal. They may need to limit activities while recovering. Exercise or other activities that involve a lot of concentration, like studying, computer work, or playing video games may cause headaches or other concussion symptoms to reappear or get worse. Be sure to follow up with your child's health-care provider periodically about their symptoms and discuss a timeline to help your child ease back into normal activities and their typical schedule.

Your child may feel frustrated, sad, or upset if they cannot return to sports and other activities right away or cannot keep up with schoolwork. Your child may also feel isolated from teammates and friends, if they cannot participate in activities that they normally look forward to. Talk with your child about these issues. Creative problem-solving can help your child still feel a part of their team and school group while resting and recuperating from their injury.

#### REFERENCE:

[https://www.cdc.gov/headsup/pdfs/schools/TBI\\_factsheets\\_PARENTS-508-a.pdf](https://www.cdc.gov/headsup/pdfs/schools/TBI_factsheets_PARENTS-508-a.pdf)

ADULT  
**HEALTH BULLETIN**

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