



Keep this handy or hang it on your fridge during sports seasons.



Is it a Concussion?

A person does **NOT** always lose consciousness after a concussion.

A concussion is often caused by a bump, blow or jolt to the head or body followed by signs and symptoms that may show up right away or even days later.

- Headache, feeling of pressure in the head
- Dizziness, issues with balance, feeling dazed or stunned
- Confusion, unable to follow directions
- Slow to answer questions
- Difficulty remembering things
- Ringing in the ears
- Sensitivity to light or noise
- Blurred or double vision
- Changes in behavior or personality
- Fatigue
- Nausea
- Issues falling asleep or staying asleep
- Difficulty concentrating or maintaining focus



QUICK SYMPTOM CHECK

Remember, a concussion is a brain injury so signs and symptoms may reflect that.

Call **9-1-1** if:

- Headaches severely worsen or a bad headache wakes the child up from sleep
- Vomiting won't stop
- Breathing is irregular
- Speech is slurred
- There is weakness or numbness in an extremity
- The child has a seizure

These symptoms are rare, but extremely serious.



ST JAMES
PARISH HOSPITAL

LARGE ENOUGH TO SERVE, SMALL ENOUGH TO CARE.

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Caring for a Child after a Concussion

It's important to follow all directions from your child's doctor. Below are a few reminders for caring for a child after a concussion.



YOU *SHOULD*

- Seek additional medical attention immediately if you notice severe or worsening symptoms 3–4 days after a concussion
- Maintain a consistent bedtime routine
- Aim for 8 hours of sleep a night
- Limit cognitive stressors by taking a 30 minute break for every 30 minutes of TV, reading, homework or technology-use
- Walk at a moderate pace for 15–30 minutes 1-2 times daily
- Stay hydrated by drinking at least a half gallon of non-caffeinated beverages daily



YOU *SHOULD NOT*

- Ignore worsening symptoms
- Drink caffeinated beverages
- Use headache medicines such as Tylenol or Advil more than 4–5 times a week as this can lead to rebound headaches and mask symptoms
- Return to athletics, P.E. or recess without medical clearance
- Be kept lying in bed in a dark, silent room (*this is generally not necessary or recommended*)

Questions or Concerns?

For more information or to reach our Lead Athletic Trainer, Amber Petrey, LAT, ACT, call 225.206.0992 (cell)



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