

# Concussions

## TIPS TO HELP THE HEALING PROCESS

- Get plenty of rest at night and rest during the day, if you're tired then sleep.
- Avoid activities that are physically demanding or require a lot of concentration.
- Avoid computer use, video games and TV.

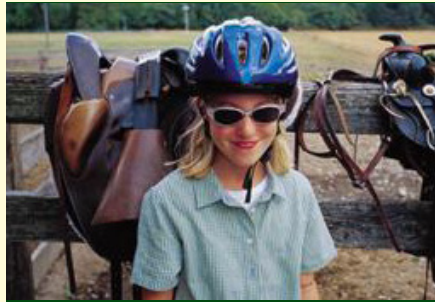
## WANT MORE INFORMATION? CHECK OUT THE WEB SITES LISTED BELOW...

- [www.cdc.gov/concussion/HeadsUp/youth.html](http://www.cdc.gov/concussion/HeadsUp/youth.html)
- [http://patients.dartmouth-hitchcock.org/ortho/sports\\_concussion\\_program.html](http://patients.dartmouth-hitchcock.org/ortho/sports_concussion_program.html)
- For Kids & Teens:  
[http://kidshealth.org/teen/safety/first\\_aid/concussions.html](http://kidshealth.org/teen/safety/first_aid/concussions.html)

## CHECK OUT THE VIDEOS LISTED BELOW...

- [www.youtube.com/watch?v=yIqZDbk3M40](http://www.youtube.com/watch?v=yIqZDbk3M40)
- [www.youtube.com/watch?v=uO-ordcPWSU](http://www.youtube.com/watch?v=uO-ordcPWSU)
- [www.youtube.com/watch?v=kIESLYtbRe8&feature=related](http://www.youtube.com/watch?v=kIESLYtbRe8&feature=related)

*This report was compiled by Ammonoosuc Community Health Services, Inc. (ACHS) clinical staff for informational purposes, and does not replace any advice one might receive from a qualified health care provider.*



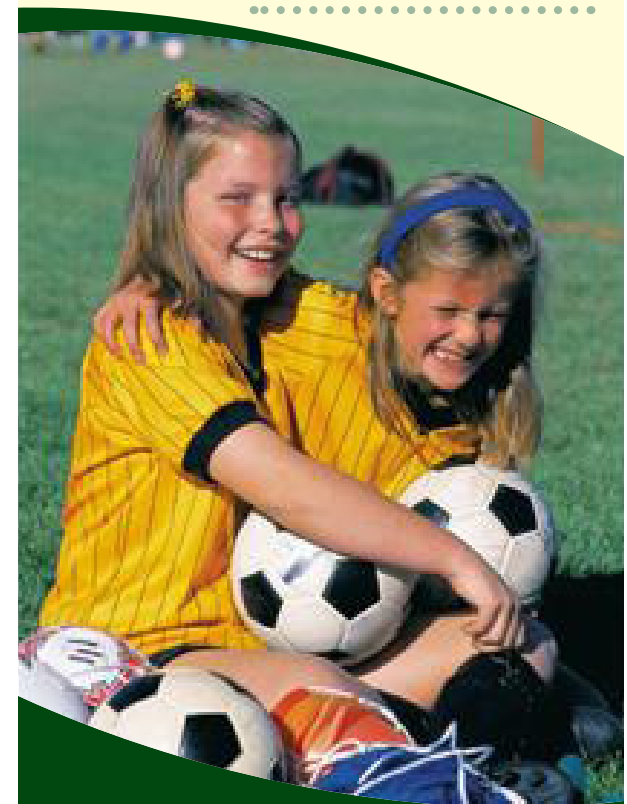
Whenever possible when participating in sports or other activities...  
**USE YOUR HEAD  
WEAR A HELMET**

*Founded in 1975, Ammonoosuc Community Health Services is a nonprofit community health center offering a network of quality, affordable primary health services. Our programs promote and support the well-being of individuals and families by emphasizing preventive care and encouraging active participation in one's own health. ACHS serves 26 towns in northern Grafton and southern Coos counties and has sites located in Littleton, Franconia, Whitefield, Warren and Woodsville. We provide comprehensive services, regardless of one's ability to pay, to nearly 10,000 patients.*



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## Information for a Healthy Life



# Concussions

*What you need to know to protect you and your family*



**Ammonoosuc  
Community Health Services, Inc.**

# Concussions

*Knowing about the seriousness of concussions now may keep your child from being affected by them later in life.*

## WHAT IS A CONCUSSION?

A concussion is a brain injury that changes how the cells in the brain normally work. It is caused by a blow to the head that causes the brain to move rapidly in the skull. Even a "ding" or what seems like a mild bump or blow to the head can be serious.



Concussions can occur during any sport or activity, or from a fall or players colliding with each other or with obstacles, such as a goal post.

As many as 3.8 million sports and recreational related concussions occur in the United States each year.

## WHAT ARE THE SYMPTOMS OF A CONCUSSION?

Be on the lookout for the following symptoms after a blow to the head, even if you think it is a minor injury:

- Nausea
- Dizziness or problems with balance
- Double or fuzzy vision
- Sensitivity to light and/or noise
- Feeling foggy

- Concentration or memory problems
- Confusion

## KEEP IN MIND...

There are two important points to stress about concussions:

- Concussions are far more serious than just bumping your head.
- New research has shown that there may be serious behavioral, physical and cognitive changes in the future for those who have had multiple concussions, referred to as post-concussion syndrome.



You should not return to playing a sport or continuing an activity the same day as receiving a suspected concussion. This is especially true for children under the age of 19.

There could be serious side effects, sometimes fatal, if an athlete who has had a concussion ends up playing with symptoms after hitting their head, such as headaches, dizziness, nausea or vomiting.

## IF YOU THINK YOUR CHILD HAS A CONCUSSION...

- Seek medical care right away. Health care professionals will be able to decide how serious a concussion is and when it is safe for your child to return to sports.
- Keep your child out of play. It is better to miss one game than a whole season. Concussions take time to heal. Don't let your child return to play until a health care professional says it's okay. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Second and later concussions can be very serious. They can cause permanent brain damage - affecting your child for a lifetime.
- Tell your child's coach about recent concussions. They need to know of any concussion that your child may have received in another sport or activity.
- If you have any doubts, stay out of the game. The brain needs time to heal. If activities are resumed too soon, you are more likely to have a second concussion and increase the risk of permanent brain damage or, in rare cases, even death.