WHAT IS A CONCUSSION?
A CONCUSSION IS A TYPE OF TRAUMATIC BRAIN INJURY CAUSED BY A FORCE TO THE HEAD OR BODY THAT LEADS TO A CHANGE IN BRAIN FUNCTION. IT IS NOT TYPICALLY ACCOMPANIED BY LOSS OF CONSCIOUSNESS.

HOW CAN I KEEP MYSELF SAFE?

KNOW THE SYMPTOMS
You may experience...
• Headache or head pressure
• Nausea
• Balance problems or dizziness
• Double or blurry vision
• Sensitivity to light or noise
• Feeling sluggish, hazy or foggy
• Confusion, concentration or memory problems

SPEAK UP
• If you think you have a concussion, stop playing and talk to your coach, athletic trainer or team physician immediately.

TAKE TIME TO RECOVER
• Follow your team physician and athletic trainer’s directions during concussion recovery. If left unmanaged, you may take longer to recover and there could be serious consequences.
• If you’ve had multiple concussions, talk with your physician about the risks and benefits of continuing to participate in your sport.

HOW CAN I BE A GOOD TEAMMATE?

KNOW THE SYMPTOMS
You may notice that a teammate...
• Appears dazed or stunned
• Forgets an instruction
• Is confused about an assignment or position
• Appears less coordinated
• Answers questions slowly
• Loses consciousness

ENCOURAGE TEAMMATES TO BE SAFE
• If you think one of your teammates has a concussion, tell your coach, athletic trainer or team physician immediately.
• Help create a culture of safety by encouraging your teammates to report any concussion symptoms.

SUPPORT YOUR INJURED TEAMMATE
• If one of your teammates has a concussion, let him or her know you and your team support playing it safe and following medical advice during recovery.
• Being unable to practice or join team activities can be isolating. Make sure your teammates know they are not alone.

NO TWO CONCUSSIONS ARE THE SAME. NEW SYMPTOMS CAN APPEAR HOURS OR DAYS AFTER THE INITIAL IMPACT.
IF YOU ARE UNSURE IF YOU HAVE A CONCUSSION, TALK TO YOUR ATHLETIC TRAINER OR TEAM PHYSICIAN IMMEDIATELY.

HEAR THEIR STORIES
Watch videos of student-athletes and their families share their experiences and frustrations caused by a concussion.

hawaiiconcussion.com
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WHAT HAPPENS IF I GET A CONCUSSION AND KEEP PRACTICING OR COMPETING?

• Due to brain vulnerability after a concussion, you may be more likely to suffer another concussion while symptomatic from the first one.
• Repeat head trauma can result in brain swelling, permanent brain damage or even death.
• Continuing to play after a concussion increases your chances of sustaining other musculoskeletal injuries too.
• Athletes with concussions have reduced concentration and slowed reaction time. This means that you won’t be performing at your best.
• Athletes who delay reporting concussions take longer to recover.

WHAT ARE THE LONG TERM EFFECTS OF A CONCUSSION?

• We don’t fully understand the long term effects of a concussion, but ongoing studies raise concerns.
• Athletes who have had multiple concussions may have an increased risk of degenerative brain disease and cognitive and emotional difficulties later in life.

WHAT DO I NEED TO KNOW ABOUT REPETITIVE HEAD IMPACTS?

• Repetitive head impacts mean that an individual has been exposed to repeated impacts to the head. These forces may or may not cause a concussion to occur.
• Research is ongoing but emerging data suggests that repetitive head impacts may be harmful and place a student athlete at an increased risk of neurological complications later in life.

9 out of 10 would report their concussion to a parent or family member

3 out of 4 would report their concussion to a coach

3 out of 4 would report their concussion to an athletic trainer

DID YOU KNOW?

• Concussions can happen anywhere and at any time. In fact, the most common cause of concussions are slips and falls.
• Although symptoms may affect daily living at first, with treatment you will get better during the first few days after a concussion.
• The brain recovers during sleep - getting 8 to 10 hours of constant sleep is very important.
• We are learning more about concussions every day. To learn more about concussions, visit https://hawaiiconcussion.com.

AMONGST HAWAII HIGH SCHOOL ATHLETES...

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FOR MORE INFORMATION

Get Schooled on Concussions
https://www.getschooledonconcussions.com
HEADS UP to Youth Sports
https://www.cdc.gov/headsup/youthsports

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