

# Things to know about CONCUSSIONS



## Call us first...

- A concussion is a head injury with any change in brain function, usually caused by a blow or jolt to the head.
- Concussions can occur in contact sports, or in collisions outside of sports.
- Symptoms may include headache, difficulty thinking or remembering, nausea, blurry vision, sleep disturbances or mood changes.
- Any athlete with a suspected concussion should not return to play until she has seen a doctor.
- Most children with a suspected concussion do not need assessment in an Emergency Department. **Call us first, anytime night or day**, if you are concerned your child may need emergency assessment.
- Concussions cannot be seen on X-Rays, CT scans, or MRI's.
- There is no medical treatment for most concussions. Treatment involves rest and gradual return to activity.
- Your child's own doctor is best equipped to diagnose and help manage most concussions and determine follow up care and the time until your child can resume activity.
- **Call us immediately, anytime, day or night**, if your child has had any loss of consciousness, if your child has worsening headache, increasing lethargy or persistent vomiting or increasing confusion.
- **Call us first, anytime**, before seeking emergency care. We can discuss concussion management, call ahead to the Emergency Department if needed, and arrange office care if appropriate.



*If your child is experiencing an immediate, life-threatening emergency, call 911 or go to an Emergency Room.*