



THE CENTER
ORTHOPEDIC & NEUROSURGICAL
CARE & RESEARCH



Concussions in Youth

Concussion Signs and Symptoms

Signs observed by **PARENTS:**

- Appears dazed or stunned
- Is confused about activity
- Forgets an instruction
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Signs reported by **CHILD:**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems Confusion
- Just not "feeling right"

Action plan:

If you suspect that your child has a concussion, you should take the following steps:

1. Ensure that the child is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
2. A child with a concussion may be evaluated by their primary care physician or through NOWcare.
3. Keep the child out of activity the day of the injury and until a health care professional, experienced in evaluating for concussion, says the child is symptom-free and it's OK to return to regular activities.

DANGER SIGNS:

*If any are present, seek immediate medical treatment or **call 911.***

- One pupil larger than the other
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Loses consciousness
- Cannot recognize people
- Has unusual behavior
- Drowsy and can't be awakened
- Weakness/Numbness

For additional information on concussions go to www.TheCenterOregon.com/Concussion