

HEADS UP CONCUSSION IN FOOTBALL



THE NATIONAL FOOTBALL FOUNDATION

DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



Presented by the Chapters of the National Football Foundation.

SIGNS AND SYMPTOMS

Athletes who experience any of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

| Signs Observed by Coaching Staff | Symptoms Reported by Athlete |
|---|--|
| Appears dazed or stunned | Headache or "pressure" in head |
| Is confused about assignment or position | Nausea or vomiting |
| Forgets an instruction | Balance problems or dizziness |
| Is unsure of game, score, or opponent | Double or blurry vision |
| Moves clumsily | Sensitivity to light |
| Answers questions slowly | Sensitivity to noise |
| Loses consciousness (even briefly) | Feeling sluggish, hazy, foggy, or groggy |
| Shows mood, behavior, or personality changes. | Concentration or memory problems |
| Can't recall events prior to hit or fall | Confusion |
| Can't recall events after hit or fall | Does not "feel right" or is "feeling down" |

ACTION PLAN

If you suspect that an athlete has a concussion, you should take the following four steps:

1. Remove athlete from play.
2. Ensure that the athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury and until an appropriate health care professional says they are symptom-free and it's OK to return to play.

IMPORTANT PHONE NUMBERS

Emergency Medical Services

Name: _____

Phone: _____

Health Care Professional

Name: _____

Phone: _____

School Staff Available During Practice

Name: _____

Phone: _____

School Staff Available During Games

Name: _____

Phone: _____

WHEN IN DOUBT, SIT THEM OUT

For more information and safety resources, visit
www.cdc.gov/Concussion or www.footballfoundation.org