



### WHAT IS A CONCUSSION?

#### A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

### HOW CAN I PREVENT A CONCUSSION?

#### Every sport is different, but there are steps you can take to protect yourself for soccer.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times

### WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficult paying attention
- Memory problems
- Confusion
- Does not "feel right"

## WHAT SHOULD I DO IF I THINK I'VE HAD A CONCUSSION?

1

#### Tell your coaches, parents and athletic trainer.

Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

2

#### Get a medical check up.

A doctor or health care professional with knowledge in concussion management can tell you if you have a concussion and when you are OK to return to play.

3

#### Give yourself time to get better.

If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.