

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 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 and immediate, life-threatening emergency, call 911 or go to an Emergency Room.