



**If your head or body was hit or jolted, you might have a brain injury and a concussion.**

## What is a Concussion?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

## Signs & Symptoms

You need to be carefully monitored by an adult for the next 24 to 48 hours. Do not take medicine without consulting your healthcare provider. All head injuries require rest from cognitive and physical activity until free of symptoms for 24 hours. You may have symptoms that may not surface until days, weeks or even months after the injury.

## Did you know?

- All concussions are serious.
- If you have a concussion, your brain needs time to heal.
- Most concussions occur without loss of consciousness.
- If you, at any point in your life, had a concussion, you have an increased risk for another concussion.
- Repeat concussions can increase the time it takes to recover.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.
- Concussions affect people differently.
- Most people with a concussion recover quickly and fully, some will have symptoms that will last for days, or even weeks.
- A more serious concussion can last for months or even longer.

### If you think you have a concussion:

- ✓ **DON'T HIDE IT.**
- ✓ **REPORT IT.**
- ✓ **TAKE TIME TO RECOVER.**

## To feel better...

- Rest. Get plenty of rest and sleep.
- Slowly and gradually return to your routine.
- Avoid activities that are physically demanding or need concentration.
- Ask your physician when you can safely return to daily activities such as, playing sports, driving, riding a bike or operating heavy equipment.
- Do not drink alcohol.

## Head Injury/Concussion

Symptoms (listed below) require immediate medical attention by either your child's medical provider, urgent care facility or emergency department:

### PHYSICAL SYMPTOMS:

- Headaches
- Balance problems
- Blurred vision
- Dizziness
- Nausea
- Trouble falling asleep
- Sleeping more or less than usual
- Sensitivity to noise or light

### THINKING AND EMOTIONS:

- Feeling mentally “foggy”
- Irritable
- More emotional
- Nervous or anxious
- Difficulty remembering new information

If you experience one or more of the symptoms listed below after a bump, blow or jolt to the head or body, you may have a concussion and a follow up with a physician is recommended.

### DANGER SIGNS:

- Worsening or severe headache
- Slurred speech
- Seizures
- Repeated vomiting
- More confused or restless
- Difficulty with balance, walking
- Difficulty with vision
- Unable to stay awake when you would normally be awake
- Any symptom that concerns you, family members, or friends

**“When in doubt, SIT OUT.”**

## You are not alone.

More than 400 New Yorkers sustain a brain injury each day.

For help, information or to connect with a support group, call toll free: **800-444-6443** (Monday-Friday, 8am-4pm) or go to: [www.bianys.org](http://www.bianys.org)  
Brain Injury Association of New York State

For general information:  
[www.health.ny.gov](http://www.health.ny.gov)  
and in search box type: TBI

For health insurance information:  
[nystateofhealth.ny.gov](http://nystateofhealth.ny.gov)  
New York State Department of Health



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